AL-BAHER

CONNECT
PLUS





Let's remember

Animals & birds حيوانات وطيور


rhino
وحيد القرن


giraffe
زرافة


hippo
فرس النهر


penguin
بطريق


flamingo
طائر الفلامنجو

Musical instruments آلات موسيقية


guitar
الجيتار


oud
آلة العود


flute
الناي / المزمار


piano
بيانو

Transportation وسائل المواصلات


train
قطار


ferry
عبّارة


ship
سفينة


plane
طائرة


bicycle
دراجة

Directions الاتجاهات


turn right
اتجه يمينًا


turn left
اتجه يسارًا


go straight
سر في خط مستقيم

Help your child revise these words.

Jobs وظائف


butcher
جزار


cook
طباخ


fisherman
صياد سمك


mechanic
ميكانيكي


engineer
مهندس

Communication & Technology اتصالات وتكنولوجيا


tablet
تابلت


cell phone
تليفون محمول


postcard
بطاقة بريدية


printer
طابعة


stamp
طابع بريد

Geography and places جغرافيا وأماكن


forest
غابة


River Nile
نهر النيل


island
جزيرة


bridge
كوبري


mountain
جبل


lightning
البرق


gas station
محطة غاز


fountain
نافورة


tower
برج


bakery
مخبز




Let's remember

Help your child revise these words.
ساعد طفلك أن يراجع هذه الكلمات.

Adjectives صفات


angry
غضبان


kind
عطوف


curious
فضولي


excited
متحمس


sad
حزين


interested
مهتم


worried
قَلِق


tired
مُتْعَب


bored
شاعر بالملل


quiet
هادئ

Phonics




truck
شاحنة


train
قطار

pr /pr/


present
هدية


press
يضغط




chair
كرسي


hair
شعر

wh /w/

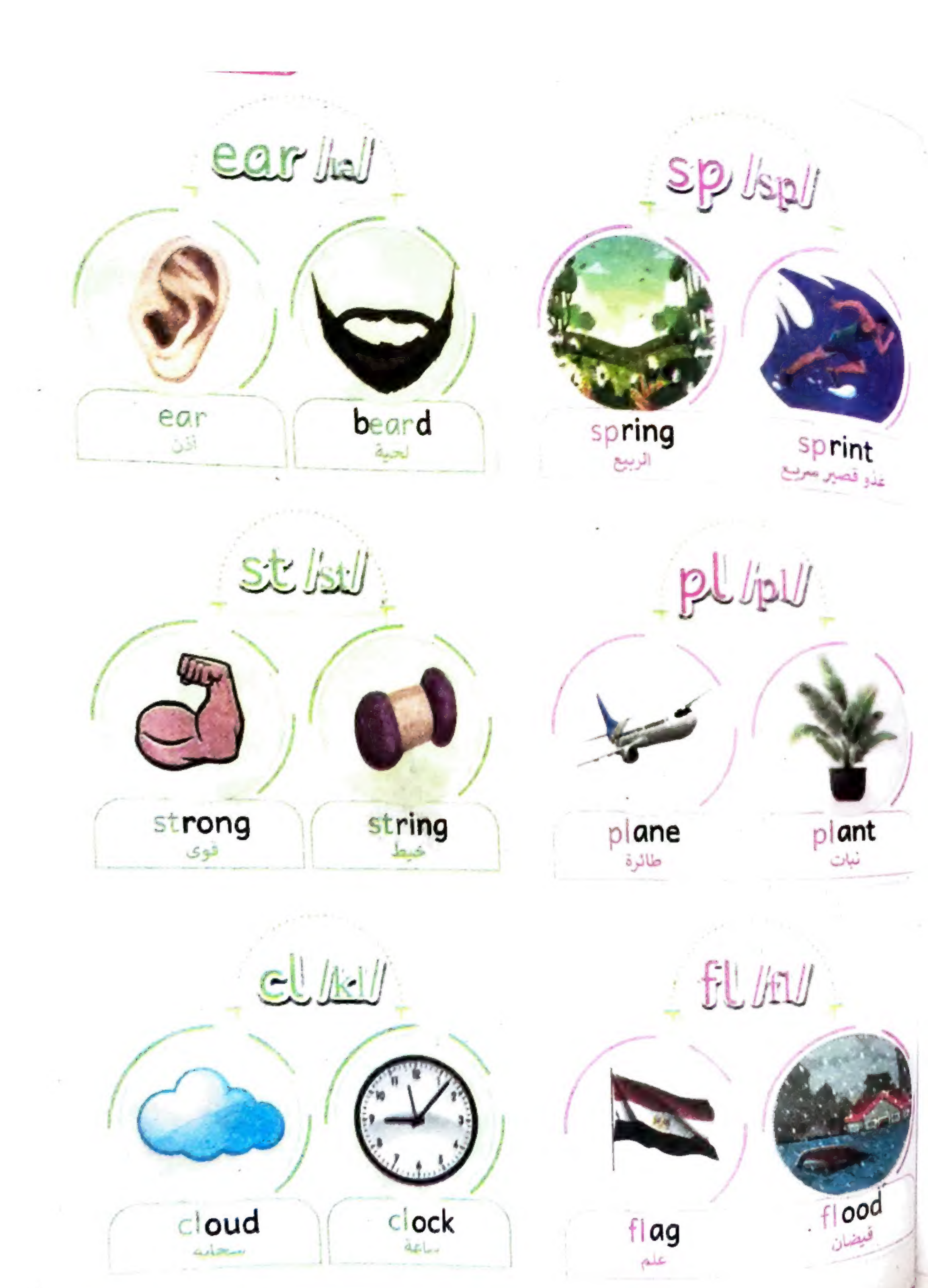

whale
حوت

ph /f/


dolphin
دولفين

Help your child revise these words.
ساعد طفلك أن يراجع هذه الكلمات.





Let's remember

Help your child revise these words.

طفلك ان يراجع هذه الكلمات.

Silent letters الحروف الصامتة



lamb
حمل



wrist
رسغ - معصم



knot
عقدة



thumb
إصبع الإبهام

Language

because لأن — We went shopping because we needed some paper.

to لكي — She went to the bakery to buy some bread.

but لكن — They went to the butcher's, but it was closed.

so لذلك — It was sunny, so we went to the beach.

like + (v + ing) — Grandpa likes reading the newspaper.

Let's +inf. — Let's play a board game.

Help your child revise some language.
ساعد طفلك في مراجعة بعض القواعد

Let's remember

used to اعتاد أن

Form

Subject + used to + inf. ....

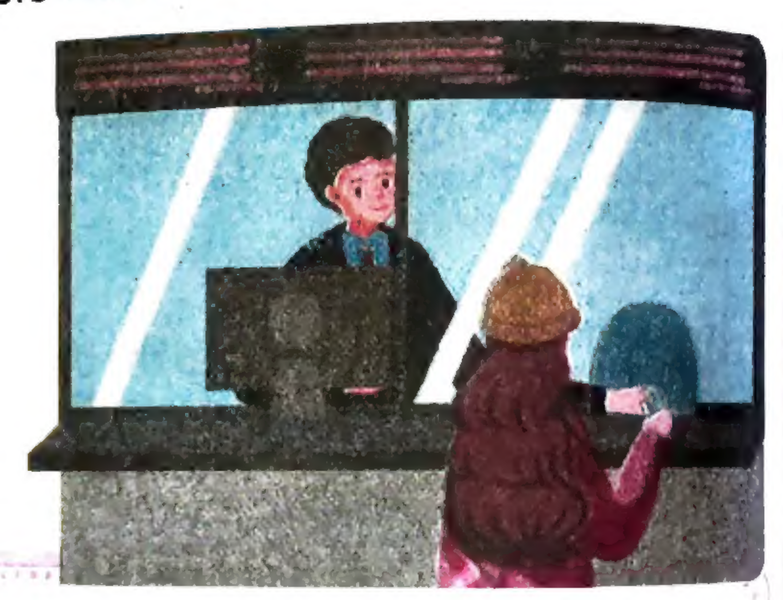
e.g. - 100 years ago, people used to write letters.

Negative

Subject + didn't use to + inf. ....

e.g. - 100 years ago, people didn't use to have video chats.

Listen and read.



Ticket agent	:	Hello! Can I help you?
Nesma	:	Yes. We would like to go to Luxor, please.
Ticket agent	:	How many people are traveling?
Nesma	:	One adult and one child, please.
Ticket agent	:	Here are your tickets. Give them to your dad, please.
Nesma	:	Which platform do we need to go to?
Ticket agent	:	It's platform three.
Nesma	:	Thank you!

Help your child revise some language.
ساعد طفلك في مراجعة بعض القواعد.



1 Look, read and number.



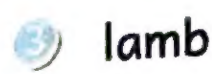




1. ear



2. truck



3. lamb



4. press





2 Look and complete.



gu_tar



L_ght_ing



m_unta_n



b_kery



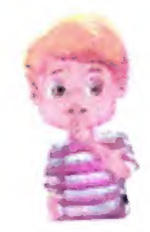
Ri_er N_le



f_unt_in



f_sherm_n



qu_et



a_gr_



t_r_d



dol__in



k_ot

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



3 Look at the pictures and unscramble the letters.













4 Choose the correct word.

1. Grandpa likes (read - reads - reading) books.
2. Let's (play - playing - to play) football.
3. We went to the park (because - to - but) ride our bikes.
4. I went home (to - because - so) I was tired.
5. 100 years ago, people (use - uses - used) to write letters.
6. 100 years ago, people didn't (use - uses - used) to have video chats.

5 Read and match.

1. What is Tarek doing?	a. No, I don't.
2. Do you get up at six o'clock?	b. It was a flamingo.
3. What was that?	c. Yes, she does.
4. Does Amira play tennis after school?	d. He is playing the piano.

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

6 Circle the word with a different initial sound.

1	truck	press	train
2	spring	sprint	jump
3	clock	string	spring
4	plane	flood	plant
5	present	Fred	press
6	cloud	clock	play

7 Listen and circle the silent letter.



lamb wrist knot thumb

8 Unscramble the following words to make correct sentences.

1. many - people - How - traveling - are - ?

....

2. went - She - the bakery - to buy - bread - to - some - .

....

3. interested - I'm - very - website - in - this - .

....

4. would - Where - like - you - go - to - ?

....



picture.



He excited

2



can bike

sed Can quickly

100 years ago, people to write letters.

I help you?

Giraffes run .

I went home because I was .

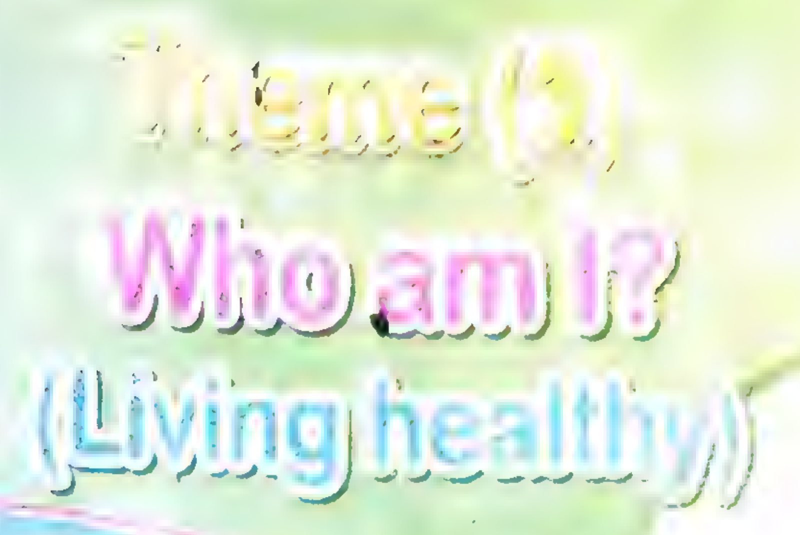
Hello! Can I help you?

....

....

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



Theme ([illegible])

Who am I?

(Living healthy)

Unit 1 At the track

في مضمار السباق



Scope and Sequence:

Vocabulary	- [illegible] athlete, compete, distance, event, jump, measure, medal, race, throw, track, win [illegible] friend: apologize, have fun, listen, make fun of, pressure someone, spread rumors, support, tell secrets
Language	- I think the athlete on the left will win. - It won't be easy to win today! [illegible] they be tired?
Reading	- A text about a friend; a text about world records
Phonics	[illegible] race, city, distance, citadel [illegible] c camel, cookie, plastic
Life skills مهارات حياتية	- Self management: talking about feelings
Values قيم	- Perseverance - Compassion
Issues and challenges	- Community participation - Loyalty and belonging
Integrated cross-curriculum topics [illegible]	- [illegible] recording data, measuring in meters and centimeters, making a graph

Lesson (1)

Vocabulary

Listen and say.



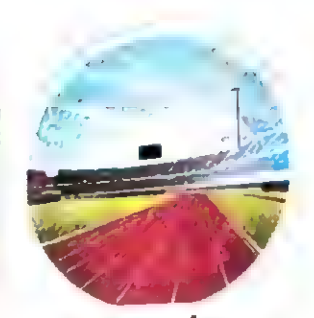
win
يفوز



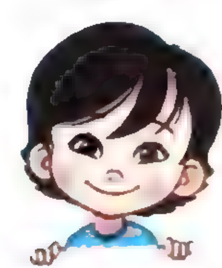
athlete
لاعب رياضي

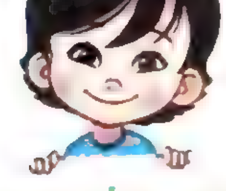


compete
يتنافس



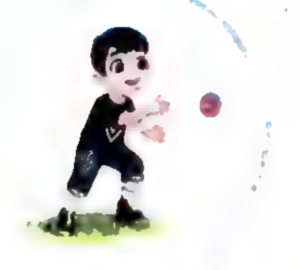
track
مضمار السباق





A sports event
حدث رياضي

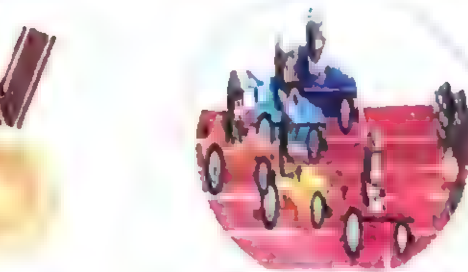
distance
مسافة



throw
يرمي



long jump
الوثب الطويل





medal
ميدالية

race
سباق



measure
يقيس

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.



Today, we're at the track. There's a big sports event. Lots of athletes from different schools are competing.

اليوم، نحن في ميدان السباق. هناك حدث رياضي كبير. يتنافس لكثير من اللاعبين الرياضيين من مدارس مختلفة.

Look! They are wearing red, blue, green and black.

انظر! إنهم يرتدون اللون الأحمر والأزرق والأخضر والأسود.

There are competitions in running, jumping and throwing. I'm watching the long jump. I think the athlete wearing red will win.

يوجد مسابقات في رياضة الجرى والقفز والرمى. انا أشاهد رياضة لوثب الطويل. أعتقد
يرتدى اللون الأحمر سيفوز.

Help your child look, listen and read.

ساعد طفلك أن ينظر و يستمع ويقرأ.

I'm at a sports event today with Mommy and my brother. Some athletes are running. The track is 800 meters around the field. The race is exciting- the athletes are running very quickly. I hope Waleed wins today!
There is a throwing competition, too. You have to throw the ball as far as you can. Three meters is a good distance for throwing the ball. Someone measures how far the athletes throw the ball. That athlete competed in a sports event and won. He can jump really high! Now, he is getting a medal!

أنا في حدث رياضي اليوم مع ماما وأخي. بعض اللاعبين الرياضيين يمارسون رياضة الجري. مضمار السباق طوله 800 متر حول الملعب. السباق مثير - يجري اللاعبون الرياضيون بسرعة جدا. أتمنى أن يفوز وليد اليوم!
يوجد مسابقة رمي أيضا. عليك أن ترمي الكرة أبعد ما تستطيع. ثلاثة أمتار مسافة جيدة لرمي الكرة. يقيس شخص إلى أي مدى رمى اللاعبون الكرة. تنافس ذلك اللاعب الرياضي في الحدث الرياضي وفاز. إنه يستطيع القفز عاليا جدا! والآن يحصل على ميدالية!



To ask someone about his favorite sports events:



What sports events do you like?
ما الأحداث الرياضية التي تحبها؟

I like jumping.
أنا أحب القفز

I like throwing.
أنا أحب الرمي

Help your child read and the text.
ساعد طفلك أن يقرأ النص.



Activities

1 Look and complete.

ath_et_   t_ _ck   m_d_l   thr_ _

ju_p   di_tan_e   r_ce   f_st

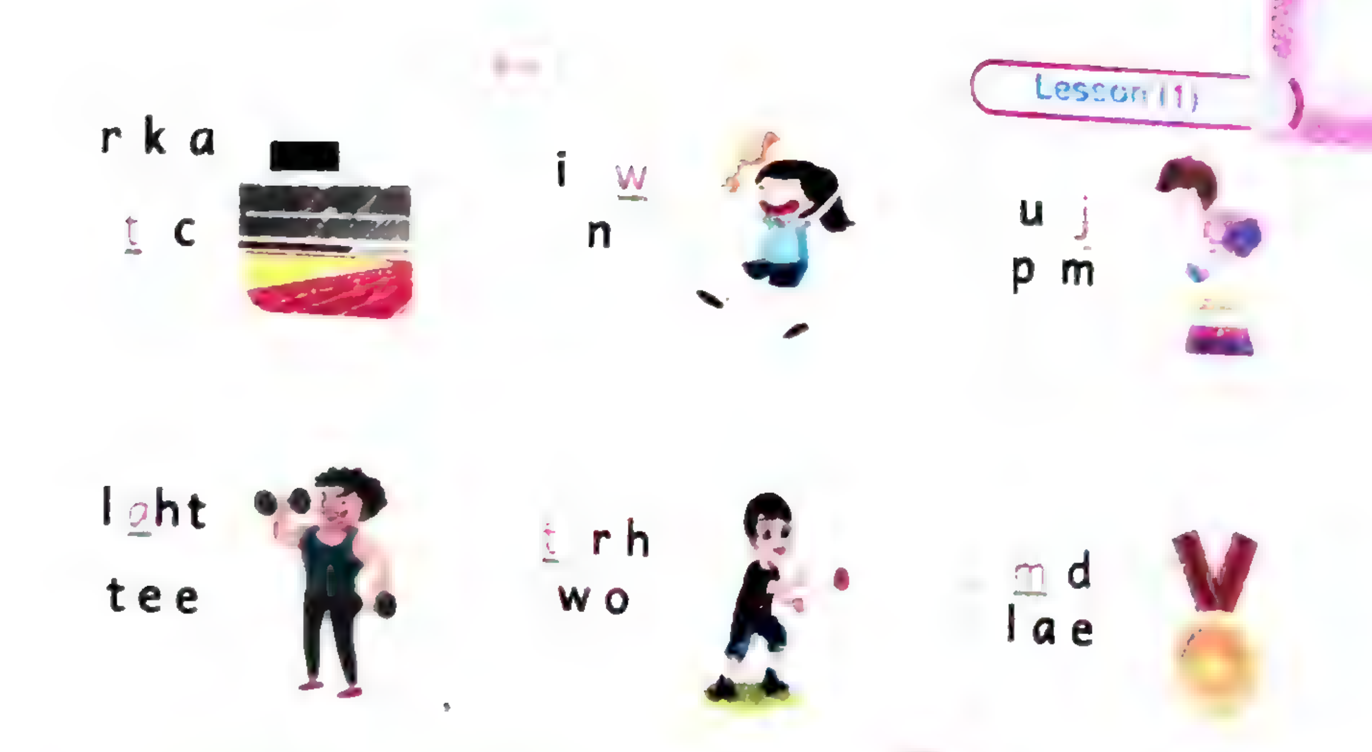
c_m_ete   w_n   m_asu_e   sp_rts

2 Look at the pictures and unscramble the letters.



Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة



3 Choose the correct word.

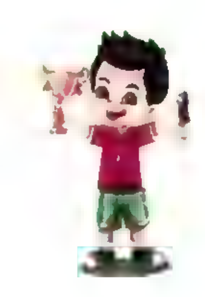
1. At sports events, some (athletes / races / medals) are running.
2. You have to (run / jump / throw) the ball as far as you can.
3. The athlete (competed / measured / threw) in a sports event and won.
4. Waleed wins today. He is getting a (medal / race / distance).
5. There is a big sports (event / distance / track) today.
6. He can jump (tall / high / big).
7. I'm watching the long (measure / athlete / jump).
8. Three meters is a good (distance / race / athlete) for throwing the ball.
9. I hope Waleed (jumps / throws / wins) the race.
10. (How / What / Who) sports events do you like?

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

4 Look and write a sentence under each picture.

1 

athlete - running

2 

getting - medal

5 Fill in the spaces with:

compete - measuring - distance - throw - win - jump

1. The race track is a .... of 800 meters.
2. Youssef can .... the ball a long way.
3. Salma wants to .... the 100-meter race.
4. Miss Mona is .... how far you jumped.
5. Ten athletes will .... in the 200-meter race this afternoon.
6. Dalia can .... really high.

6 Copy the following sentence.

There is a big sports event today.

....



7 Read the passage then answer the questions

Today, we're at the track. There's a big sports event. Lots of athletes from different schools are competing. Look! They are wearing red, blue, green and black. There are competitions in running, jumping and throwing. I'm watching the long jump. I think the athlete wearing red will win.

A) Choose the correct answer.

1. Today, we're at the (circus - track - zoo).
2. I'm watching the (big - short - long) jump.

B) Answer the following questions.

3. What are the athletes wearing?
4. Who do you think will win?

8 Complete the following dialogue with:

like - jumping - sports - throwing

Omar : What (1) .... events do you (2) .... ?

Tamer : I like (3) .... What about you?

Omar : I like (4) .... I can jump high.



Language use

The Future Simple زمن المستقبل البسيط

Form

Subject + will + inf. (مصدر الفعل)

e.g. Hana will win the competition.

e.g. She'll be happy.







'll = will

Usage To predict what will happen in the future.

تستخدم للتنبؤ بما سوف يحدث في المستقبل.

e.g. I think the event will be amazing.



Keywords

tomorrow غدًا

next Sunday الأحد القادم

in the future في المستقبل

I think أعتقد

e.g. He will go to the park tomorrow.

e.g. Next Friday they will [illegible] for a competition.



Help your child identify the future simple tense.

ساعد طفلك أن يتعرف على زمن المستقبل البسيط.

Negative

Subject + will not (won't) + inf. (مصدر الفعل) ....

e.g. It won't be easy to win today.

(Yes / No) question

Will + subject + inf. (مصدر الفعل) ?

e.g. Will it be a good competition?

- Yes, it will. - No, it won't.

Wh- question

Question word + will + subject + inf. (مصدر الفعل) ?

e.g. When will the event be?

- It will be tomorrow.

Choose the correct word.

1. The winner will (being - be - is) happy.
2. Our school will (get - gets - getting) a medal today.
3. It (isn't - wasn't - won't) be easy to win today.
4. Yes, they (will - have - are) win.
5. (Is - Are - Will) they be tired?



Comparative & Superlative

Comparative صيغة المقارنة

نستخدم عند المقارنة بين اثنين في صفة أو حال.

adj. صفة / adv. حال + er + than

high → higher than   fast → faster than

e.g. Ahmed is faster than Amir.



e.g. Dina is jumping higher than Lara.

Superlative صيغة التفضيل

نستخدم عند المقارنة بين واحد ومجموعة في صفة أو حال.

the + adj. / adv. + est

high → the highest   fast → the fastest

e.g. Ahmed is the fastest boy.



e.g. Dina is jumping the highest.



Note

Irregular forms صفات غير منتظمة

far بعيد → farther than → the farthest

Help your child identify comparatives & superlatives. ساعد طفلك أن يتعرف على صيغ المقارنة والتفضيل.

How ....?

How far ....?

كم المسافة ....؟

e.g. How far can he jump? - He can jump four meters.

How high ....?

كم ارتفاع ....؟

e.g. How high can she jump? - She can jump one meter.

How fast ....?

كم سرعة ....؟

e.g. How fast can he run?

- He can run 100 meters in 15 seconds.

Choose the correct word.

1. Youssef jumped (far - farther - farthest) than Ramy.
2. Ramy jumped the (farther - farthest - far).
3. Reem ran faster (the - then - than) Mariam.
4. Talia ran (a - the - then) fastest.
5. Dina jumped (higher - highest - high) than Lara.
6. Was Adam (fast - faster - fastest) than Tarek?

Help your child ask and answer using (How...?).
ساعد طفلك أن يسأل ويجيب باستخدام (?...... How).



1 Complete the following dialogue with:

jumping - do - How high - Who

: What sports events (1) .... you like?

Hanin : I like (2) ....

: (3) .... can you jump?

: I can jump one meter.

: (4) .... is the tallest one in your class?

Hanin : Amira is the tallest.

2 Choose the correct word.

1. Youssef jumped (high - highest - higher) than Dina.
2. I think the event will (being - be - is) good.
3. Ramy jumped the (far - farther - farthest).
4. Reem ran (faster - fast - fastest) than Amira.
5. (Will - Is - Are) they be tired?
6. Who is the (slow - slower - slowest)?
7. Was Amir (faster - fast - fastest) than Adam?
8. The winner (are - does - will be) happy.
9. Will they (win - wins - won) the race?
10. I think Omar (get - gets - will get) a medal.

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

3 Read and match.

1. How far can he jump?
2. Who will be the fastest?
3. I think the event
4. Will they

a) Sherif will be the fastest.
b) be tired?
c) He can jump four meters.
d) will be amazing.

1- (   )   2- (   )   3- (   )   4- (   )

4 Unscramble the following words to make correct sentences.

1. fast - How - he - can - run - ?

....

2. jumped - Dina - than - Lara - higher - .

....

3. they - Will - the race - win - ?

....

5 Read and complete with the correct form.

1. She .... (won't) be happy to win today.
2. Will it be a good competition? - Yes, it .... (won't).
3. It won't .... (is) easy to win today.
4. Mohamed jumped .... (high) than Ali.
5. Ahmed runs faster .... (then) Hassan.
6. Mona jumped the .... (higher).

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة



Reading and writing
Reading and listening

Listen, point and say.

At the competition

في المسابقة



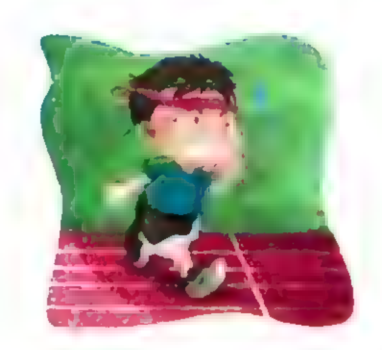
get fit

يصبح لائق بدنيًا



record time

يسجل الوقت



try harder

يبذل جهدًا أكبر



come second

يأتي في المركز الثاني



warm up

يقوم بالإحماء



support a friend

(يساند / يساعد) صديق

Definitions

warm up	get your body ready to do exercise	يقوم بالإحماء
support a friend	help a friend	يساعد صديق (يساند صديق)
come second	be the next person to finish after the winner	يأتي في المركز الثاني
try harder	work hard to do better	يبذل جهدًا أكبر



Help your child identify these words.

ساعد طفلك أن يتعرف على هذه الكلمات.

Look and read

Why is Nesma training?

Hello! My name's Nesma and I'm at the track with my friend, Sara. Sara is an athlete, so she does a lot of exercise. We come here three times a week. She comes with her parents once on the weekend, too.

لماذا تتدرب نسمة؟

مرحبًا! اسمي نسمة وأنا في ميدان السباق مع صديقتي سارة. وهي لاعبة رياضية. لذلك فهي تتدرب كثيرًا. نحن نأتي هنا ثلاث مرات أسبوعيًا. إنها تأتي مع والديها مرة في عطلة نهاية الأسبوع، أيضًا.

Sara is a runner, and she has a big competition next month. I think she'll win! I'm training with her to support her, and it helps me get fit. We warm up together and we have fun! I record her race times, too.

سارة عداءة ولديها مسابقة كبيرة الشهر القادم. أعتقد أنها سوف تفوز! أنا أتدرب معها لمساندتها، وهذا يساعدني أن أصبح لائقة بدنيًا. نقوم بعملية الإحماء معًا ونستمتع! وأسجل أوقات سباقها، أيضًا.

Her best event is the 200-meter race. She's very fast! Sara was in a race last month, but she didn't win. She came second, so she wants to try harder.
She finished in 35 seconds. She wants to be faster next time.

الحدث الأفضل لها هو سباق الـ 200 متر. إنها سريعة جدًا! كانت سارة في سباق الشهر الماضي، ولكنها لم تفز. أتت في المركز الثاني، لذلك فهي تريد أن تبذل جهدًا أكبر. أنهت الجري في 35 ثانية. تريد أن تكون أسرع في المرة القادمة.

Sara always eats healthy food. We bring some fruit to the track to have a snack, and we drink lots of water.

سارة دائمًا تأكل طعامًا صحيًا. نحضر بعض الفاكهة إلى ميدان السباق لنتناول وجبة خفيفة ونشرب الكثير من الماء.

I like helping Sara because she's a really good friend to me. She always listens when I have a problem, or if I'm worried about something. So that's why I want to help her as much as I can!

أحب مساعدة سارة لأنها صديقة جيدة بالنسبة لي. ودائمًا تستمع إليّ عندما يكون لدي مشكلة، أو أشعر بقلق من شيء ما. ولهذا السبب أريد مساعدتها قدر استطاعتي!

Help your child look and read.
ساعد طفلك أن ينظر ويقرأ.

Ask and answer about sports

سأل واجب عن الألعاب الرياضية

Which sport do you think is easy?
أى رياضة تعتقدين أنها سهلة؟

I think running.
أعتقد أنها الجرى.

Do you enjoy running?
هل تستمتعين بالجرى؟

Yes, I do.
نعم.

How often do you do sports?
كم مرة تمارسين الرياضة؟

Three times a week.
ثلاث مرات في الأسبوع.



Language

Conjunctions

and و — To join similar ideas — نستخدم and لربط بين الأفكار المتشابهة

e.g. I like running and jumping.

but لكن — To show contrast — نستخدم but ببين لتناقض بين شيئين

e.g. I like running but I'm not very fast.



Help your child identify these conjunctions.
ساعد طفلك أن يتعرف على أدوات الربط.



بسبب To show reason تستخدم because لبيان السبب

e.g. It's hard to run today because it's hot.

so لذلك To show the result تستخدم so لبيان النتيجة

e.g. He has a race next week, so he trains every day.

or أو To give a choice in negative تستخدم or للتخيير في حالة النفي

e.g. She doesn't like throwing or jumping. She likes running.

Choose the correct word.

1. I like running (and - because - but) jumping.
2. It's hard to run today (so - because - or) it's hot.
3. I like running (but - to - or) I'm not very fast.
4. Amir is a good runner, (because - to - so) I think he'll win the race.
5. He doesn't like throwing (but - so - or) running.
6. Omar ran in the race (but - or - and) he didn't win.
7. I like helping Adam (so - but - because) he is my friend.

Help your child identify these conjunctions.
ساعد طفلك أن يتعرف على أدوات الربط.



1 Choose the correct word.

1. (Which - Who - Where) sport do you think is easy?
2. Mariam likes running (because - and - so) doing the high jump.
3. Wael came second this year, (so - and - but) he'll try harder.
4. How (far - high - often) do you do sports? - Three times a week.
5. She likes English (but - so - and) maths.
6. He doesn't play tennis (and - so - or) basketball.
7. I do sports (so - because - or) I want to keep fit.
8. Amir was fast (so - or - but) he came second.
9. She won the race, (but - or - so) she was happy.
10. She came second so she wants to (try - help - get) harder.

2 Read and match.

1.	I think he'll win	a)	so she wants to try harder.
2.	I bring my friends snacks	b)	but he didn't win.
3.	Waleed ran in the race	c)	because he is a fast runner.
4.	Hoda came second	d)	and some water.

3 Unscramble the following words to make correct sentences.

1. often - you - How - do - sports - do - ?

....

2. running - I - and - like - jumping - .

....

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

4 Read the passage then answer the questions

Hi, I'm Fares and this is Tarek. Tarek is an athlete so he does a lot of exercise. He wants to compete in the school long jump competition. This is his best event and he wants to win a medal. He competed last year but he didn't win a medal. He didn't come first or second. He came third so he knows he has to try harder this year. He comes to the track three times a week. I go with him because I'm his friend. I warm up with him and measure the distances he jumps. He jumped his farthest distance this week so I think he will win the competition.

A) Choose the correct answer.

1. Tarek is a/an (athlete - runner - teacher).
2. Tarek came (first - second - third) in the competition.

B) Answer the following questions.

1. What does Tarek want to win?
2. How often does Tarek come to the track?

5 Look and write a sentence under each

1



like - running

2



eating - healthy

Lesson (6)

Values
Reading and writing

Listen and say.


have fun
يمرح


say sorry/apologize
يعتذر


listen
يستمع






support
يساند / يدعم

Bad friend
صديق سئ


tell secrets
يفشي الأسرار


make fun of
يسخر من


pressure
يضغط / يُلح (على شخص)


spread rumors
ينشر شائعات



Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

My rules for being a good friend!

قواعدي لتكون صديقًا جيدًا (صالحًا)!

You shouldn't do



Never make fun of your friends! It isn't kind to laugh at people.

لا تسخر أبدًا من أصدقائك! ليس من اللطف أن تضحك على الناس.

Never tell your friend's secrets to other people.

لا تخبر الآخرين أبدًا بأسرار صديقك.

Never spread rumors about your friends.

لا تنشر شائعات عن أصدقائك.

Never pressure your friend to do something he or she doesn't want to do.

لا تضغط أبدًا على صديقك لكي يفعل شيئًا هو أو هي لا يريد القيام به.

You should do



Listen to your friend's ideas.

أن تستمع إلى أفكار صديقك.

Support your friend.

أن تشجع / تساند صديقك.

If you make your friend sad, it's good to apologize.

إذا جعلت صديقك حزينًا، من الجيد أن تعتذر.

Saying sorry is important.

أن تقول آسف شئ هام.

Have fun together!

استمتعوا معًا!

Help your child to be a good friend.

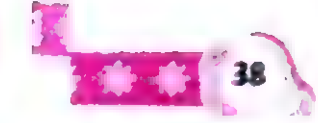
ساعد طفلك أن يكون صديقًا صالحًا.

Read and tick (✓) or (✗).

One day, Tamer was sad when he came home from school. "What's the matter?" asked his mom. "Sherif asked me why I didn't want to do the swimming competition." I told him that I'm scared of water, but it was a secret. He told Adam and Wael, and now everyone knows. They are making fun of me." "That wasn't very kind of Sherif," said Tamer's mom. The next day, Tamer was a lot happier. "How was school today, Tamer?" his mom asked. "It was better!" said Tamer, smiling. "Sherif apologized for telling my secret. Adam and Wael said sorry for making fun of me. We're all friends again!"

ت يوم، كان تامر حزينًا عندما عاد للمنزل من المدرسة. سألته والدته «ما الأمر؟» قال تامر «سألني شريف لماذا لا أريد أن أشارك في مسابقة السباحة». أخبرته أنني أخاف من المياه ولكنه كان سرًا. قام شريف بإخبار آدم ووائل. والآن أصبح الجميع يعرف السر. جميعهم يسخرون مني. قالت والدة تامر «إن هذا لم يكن تصرفًا لطيفًا جدًا من شريف.» في اليوم التالي كان تامر سعيدًا جدًا. سألته والدته «كيف كان يومك في المدرسة يا تامر؟» قال تامر مبتسمًا «كان أفضل!» قام شريف بالاعتذار عن إفشاء سري. اعتذر آدم ووائل لأنهم سخروا مني. أصبحنا أصدقاء مجددًا!!

1. Sherif told Adam and Wael Tamer's secret. ( )
2. They are making fun of Tamer. ( )
3. Tamer was a clever swimmer. ( )
4. Tamer's mom was happy about that problem. ( )



Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



Activities

1 Read and match.

1. Never make fun
2. Never tell your
3. Support
4. Listen to your

a) your friend.
b) friend's ideas.
c) of your friends.
d) friend's secrets.

1-( ) 2-( ) 3-( ) 4-( )

2 Choose the correct word.

1. Never (tell - eat - listen) your friend's secrets to other people.
2. Listen (at - of - to) your friend's ideas.
3. (Support - Spread - Pressure) your friend.
4. It's good to (pressure - spread - apologize)
5. Have (fin fan - fun) together.
6. If you make your friend sad, (say - tell - do) sorry.
7. Never (spread - listen - support) rumors about your friends.
8. Never (have - tell - pressure) your friend to do something he doesn't want to do.

3 Fill in the spaces with:

apologized - spread - Have - Support

1. .... your friends.
2. Sherif .... for telling my secrets.
3. .... fun together!
4. Never .... rumors about your friends.

4 Unscramble the following words to make correct sentences.

your - ideas - ______ - friend's - to - .

....

2 friend - never - your - pressure - .

....

5 Read and tick (✓) the good behavior.

1 Spread rumors.

2 Apologize if you make your friend sad.

3 Never make fun of your friends.

4 Don't support your friends.

5 Have fun together.

6 Look and write a sentence under each picture.



2





Never - secrets

Listen - friend

7 Copy the following sentence.

Be a good friend.

....

....

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



Learn Phonics With Busy Bee!



Listen and repeat

Soft (c) is followed by (e , i , y) to sound like /s/.

ينطق حرف (c) مثل /s/ إذا جاء بعده الحروف (e , i , y).

c

/s/

race سباق / يتسابق	distance مسافة	city مدينة	citadel القلعة
ice ثلج	space الفضاء	mice فئران	policeman رجل الشرطة
face وجه	bicycle دراجة	pencil قلم رصاص	rice أرز

Help your child identify the soft (c) that sounds like /s/.

ساعد طفلك أن يتعرف على حرف (c) الذي ينطق /s/.

ينطق حرف (c) مثل /k/ مع باقي الحروف.

Unit (1)

Hard "c" sounds like /k/.



carrot	camel	cookie	camera	plastic
جزرة	جمل	كعكة محلاة	كاميرا	بلاستيك

cake	coffee	cold	music
كعكة / تورتة	قهوة	بارد	موسيقى

We raced to the city on our bicycles.
We saw the citadel and ate ice cream!





Help your child identify the hard (c) that sounds like /k/.



Activities

1 Look and complete.



ra_ _



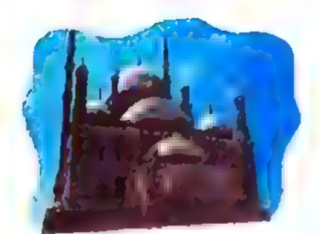
distan_ _



_ _ty



poli_ _man



_ _tadel



bi_ _cle



pen_ _l



pl_sti_



_arr_t



f_c_



i_e



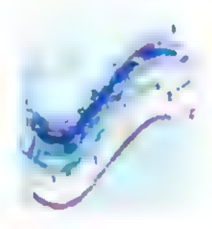
_amel

2 Look at the pictures and unscramble the letters.

a s p
c e



u m s
c i



o l
d c





o c e
e f f



o c e
i k o



m e
i c

3 Unscramble the following words to make correct sentences

1. the city - We - raced to - bicycles - on - our - .

....

2. saw - the - They - citadel - .

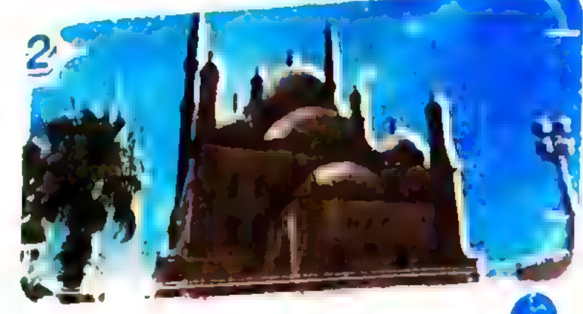
....

4 Look and write a sentence under each picture.

1 

ate - ice cream

....

2 

saw - citadel

....

5 Listen then circle the word with the different (c) sound.

1. camel - city - color
2. crocodile - club - ice
3. space - cake - distance
4. computer - clothes - race

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Units of measurement

Time



Distance



Units of measurement from small to large:

وحدات القياس من الأصغر إلى الأكبر



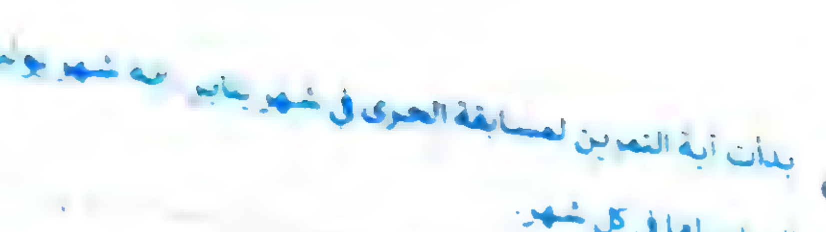
Time: seconds — minutes — hours



Distance: centimeters — meters — kilometers

Help your child identify units of measurement for time and distance.

ساعد طفلك أن يتعرف على وحدات القياس الخاصة بالوقت والمسافة.

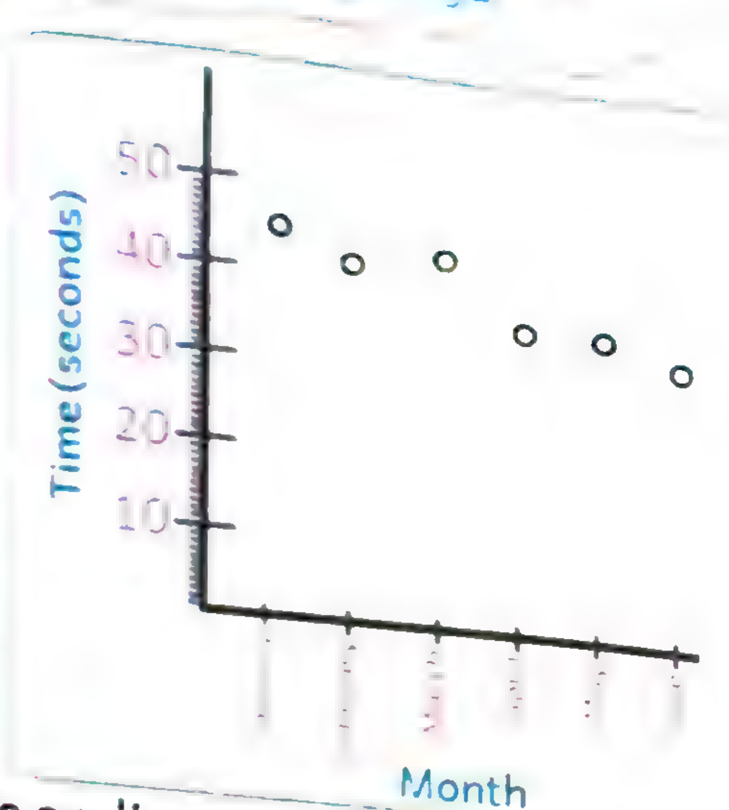


بدأت آية التمرين لمسابقة الجري في شهر يناير حتى شهر يونيو

المرات لها في كل شهر

Aya's fastest 200-meter times

Month	Time
January	45 seconds
February	41 seconds
March	43 seconds
April	36 seconds
May	35 seconds
June	33 seconds



1. Does the graph measure time or distance?

   (time - distance)

2. What was Aya's fastest time in January?

   (35 seconds - 45 seconds)

3. What was her fastest time in June?

   (41 seconds - 33 seconds)

4. Is Aya getting faster or slower?

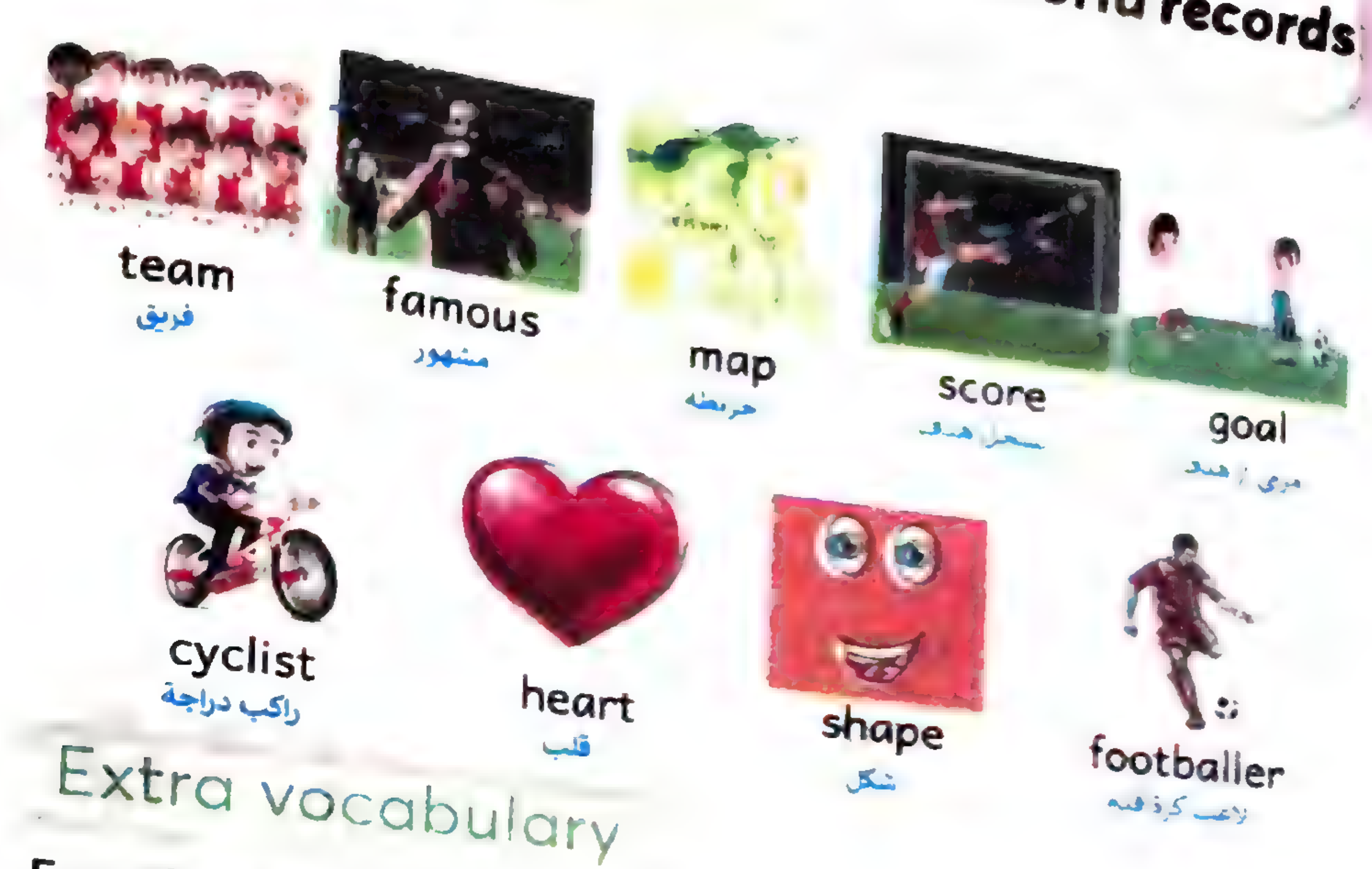
   (slower - faster)

5. What happens to the line on the graph?

   (decreases - increases)

Help your child to look at the graph, read and circle the correct answer.

أن ينظر إلى خط الرسم البياني ويقرأ ويضع دائرة حول الإجابة الصحيحة



Extra vocabulary

Egypt's national football team	منتخب مصر لكرة القدم
set a world record	يسجل رقم قياسي
Africa Cup of Nations	كأس الأمم الأفريقية
GPS	نظام المواقع العالمي
challenge	تحدٍ
direction	اتجاه
journey	رحلة
break	يكسر / يحطم
season	فصل / موسم

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

World records

What is a world record?

It's something which is the fastest, biggest, oldest, or smallest in the world. People in many different countries like trying to make new world records all the time. Here are some famous Egyptian world records.

ما هو الرقم القياسي العالمي؟

نه شئ ما يكون الأسرع، الأكبر، الأقدم أو الأصغر في العالم. يحب [illegible] في العديد من [illegible] [illegible] [illegible]

قياسية عالمية جديدة طوال الوقت. فيما يلي بعض الأرقام القياسية المصرية المشهورة.

Did you know...

In 2017/2018, the Egyptian footballer Mohamed Salah set a world record when he played for the English [illegible], Liverpool. He [illegible] the highest number of [illegible] in one season - 32 goals!

Egypt's national football team has a world record too. It is for winning the [illegible] Cup of Nations the most times. It won seven times, in 1957, 1959, 1986, 1998, 2006, 2008 and 2010!

هل تعلم ...؟

في عام ٢٠١٧ / ٢٠١٨، سجل لاعب كرة القدم المصري محمد صلاح رقم قياسي [illegible] [illegible] مع فريق ليفربول الانجليزي

قام بتسجيل أكبر عدد من الأهداف في موسم واحد - ٣٢ هدف!

[illegible] مصر لكرة القدم لديه رقم قياسي عالمي أيضا [illegible] [illegible]

كثر عدد من المرات. فاز سبع مرات في أعوام ١٩٥٧، ١٩٥٩، ١٩٨٦، ١٩٩٨،

٢٠٠٦، ٢٠٠٨ و ٢٠١٠!

[illegible] child listen and read

And in 2018, cyclists in Egypt made a new world record. They made the largest GPS drawing by bicycle! The challenge was to cycle 761 km around Egypt, and record the direction of the race. The cyclists started at the Great Pyramids of Giza, and it took three days to finish.

في عام ٢٠١٨، حقق راكبي الدراجات في مصر رقمًا قياسيًا عالميًا جديدًا! لقد صنعوا أكبر رسم على نظام تحديد المواقع بالدراجة! كان التحدي يتمثل في ركوب دراجة لمسافة ٧٦١ كم حول مصر وتسجيل اتجاه السباق. بدأ راكبي الدراجات من أهرامات الجيزة، واستغرق الأمر ثلاثة أيام للانتهاء منه

The picture of their journey made the shape of a heart on the map! It was important because it made people think about how important it is to keep your heart healthy.

صنعت صورة رحلتهم شكل قلب على الخريطة! كان مهمًا لأنه جعل الناس يفكرون في مدى أهمية الحفاظ على صحة قلبك.

It isn't just Egyptian people who break world records. The Egyptian Mau is the fastest cat in the world. It can run up to 48 kilometers an hour!

ليس فقط المصريون هم الذين حطموا الرقم القياسي العالمي. القط المصري (ماو) هو أسرع قط في العالم. يمكن أن تصل سرعته إلى ٤٨ كيلومترًا في الساعة!

Alexandria
الإسكندرية
El-Agamy
العجمي
El-Mansoura
المنصورة
Port Said
بور سعيد
Tanta
طنطا
Cairo
القاهرة
6th of October City
Giza
الجيزة
Suez
السويس



1 Choose the correct word.

1. Mohamed Salah (set - finished - scored) a world record in 2017/2018.
2. Mohamed Salah is a (singer - dentist - footballer).
3. A footballer scores many (balls - goals - feet).
4. A/An (second - centimeter - hour) is larger than a minute.
5. A (meter - centimeter - kilometer) is the smallest.
6. The Great Pyramids of Giza are (short - famous - small).
7. A minute is (taller - shorter - longer) than a second.
8. A centimeter is (faster - shorter - longer) than a meter.
9. We measure time in (kilometers - meters - hours).
10. We measure distance in (meters - minutes - seconds).

2 Read and match.

1. Mohamed Salah is a	a) time.
2. A kilometer is longer	b) distance.
3. A second is a unit for	c) footballer.
4. A centimeter is a unit for	d) than a meter.

1-( )　　2-( )　　3-( )　　4-( )

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

3 | Unscramble the following words to make correct sentences.

1. Liverpool - Mohamed Salah - for - plays - .

....

2. longer - A minute - a second - is - than - .

....

3. set - He - world - a - record - .

....

4 | Read the passage then answer the questions.

What is a world record? It's something which is the fastest, biggest, oldest or smallest in the world. People in many different countries like trying to make new world records all the time. Here are some famous Egyptian world records. One of these is Mohamed Salah. In 2017/2018, the Egyptian footballer Mohamed Salah set a world record when he played for the English team Liverpool. He scored the highest number of goals in one season - 32 goals!

A) Choose the correct answer.

1. Mohamed Salah plays for a/an (Egyptian - English - French) team.
2. In 2017/2018, Mohamed Salah scored (32 - 13 - 23) goals in one season.

B) Answer the following questions.

3. What is a world record?

4. In which sport did Mohamed Salah set a world record?

5 Look and write a sentence under each picture.

1 

He - footballer

2

minute - longer - second

6 Complete the following dialogue with:

Who - Where - watch - going

: (1) .... are you going?

: To the sports stadium.

: Why are you (2) .... there?

: To (3) .... the match.

: (4) .... 's your favorite footballer?

: Mohamed Salah

7 Copy the following sentence.

The Great Pyramids are famous.

....

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة



Activities on Unit (1)

1 Complete the following dialogue with:

jumping - competitions - sports - Do

: What (1) .... events do you like?

: I like (2) ....

: (3) .... you always get medals?

: Yes, I always get medals in (4) ....

2 Look and complete.



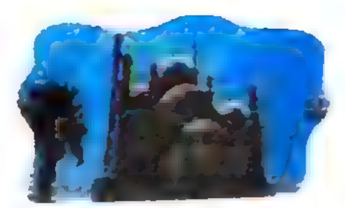
dist_n_e



ath_e_e



m_d_l



c_t_del

3 Look at the pictures and unscramble the letters.

i d
e r



h w
o r



m
u p

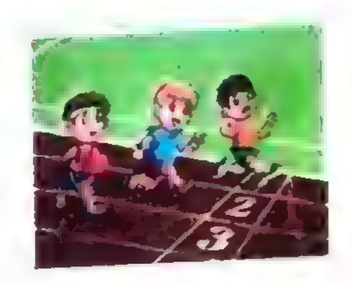


4 Choose the correct word.

1. They are (making - doing - eating) fun of me.
2. Never spread (fun - rumors - races) about your friends.
3. Tarek is the slowest. He (isn't - won't - will) get a medal.
4. Dalia is (faster - the fastest - fast) runner. I think she will win the race.
5. Youssef is (taller - the tallest - tall) than Adam.

5 Look and write a sentence under each picture.

1



children - track

2



Never - secrets

6 Read and match.

1. Will it be a good competition?
2. I like
3. Never make
4. It's hard to run today

a) jumping.
b) because it's hot.
c) Yes, it will.
d) fun of your friends.

1-( ) 2-( ) 3-( ) 4-( )



Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



7 Read the passage then answer the questions.

One day, Tamer was sad when he came home from school. "What's the matter?" asked his mom. "Sherif asked me why I didn't want to do the swimming competition. I told him that I'm scared of water, but it was a secret. He told Adam and Wael. They are making fun of me." The next day, Tamer was a lot happier. "How was school today, Tamer?" his mom asked. "It was better!" said Tamer, smiling. "Sherif apologized for telling my secret."

A) Choose the correct answer.

1. Tamer was scared of (birds - water - animals).
2. Sherif is Tamer's (father - brother - friend).

B) Answer the following questions.

3. How was Tamer when he came home on the next day?

....

4. What was Sherif's mistake?

....

8 Copy the following sentence.

Support your friend.

....

....

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

Unit 2 Body matters
وظائف الجسم



Scope and Sequence:

absorb arteries beat blood bone brain break down chew elbow heart jaw knee lungs organ oxygen muscle nutrients pump rib saliva skeleton skull swallow tongue veins

helmet knee pads etc

I'm going to wear a helmet

He isn't going to go to the park today

Is she going to climb the rock? - Yes, she is

A text about bones; a website about digestion

Long (oo): mood food   Short (oo): book cook

Self-management: Personal protection

Appreciation of science   - Cooperation

Preventative health

- Therapeutic health: healthy and unhealthy lifestyles

digestion, sunscreen and taking care in the sun

Lessons (1 & 2)

Vocabulary
Listening and reading

Listen and say.



Help your child identify these words.

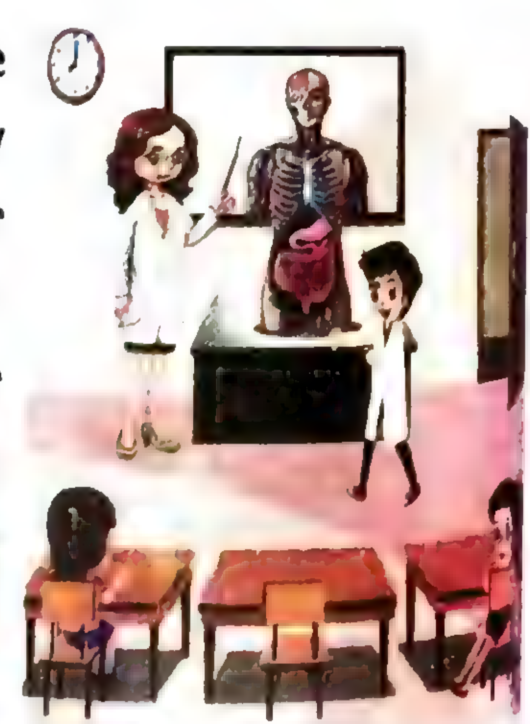
ساعد طفلك أن يتعرف على هذه الكلمات.

Definitions

arteries	These carry blood with oxygen in it away from the heart. شرايين
veins	These carry blood without a lot of oxygen in it to the heart. أوردة
oxygen	A gas which all living organisms need. أكسجين
blood	A liquid that carries oxygen and nutrients around your body. الدم
blood vessels	Tubes through which blood circulates in the body. (veins and arteries) أوعية الدموية
nutrients	We need these to help us grow. عناصر غذائية

Look and read.

Today we're going to learn about the body. Miss Mona is going to tell us how the heart works. Did you know your heart beats about 70 times a minute? Your heart moves blood around your body. Our brain controls everything that happens in our body. Our skeleton helps us move and makes us strong. It's very interesting!



اليوم سوف نتعلم عن الجسم. سوف تخبرنا الأستاذة منى كيف يعمل القلب. هل تعلم أن قلبك ينبض ٧٠ مرة في الدقيقة؟ ينقل قلبك الدم حول جسمك. يتحكم المخ في كل شئ يحدث في جسمنا. يساعدنا هيكلنا العظمى على الحركة ويجعلنا أقوياء. هذا مثير جداً.

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

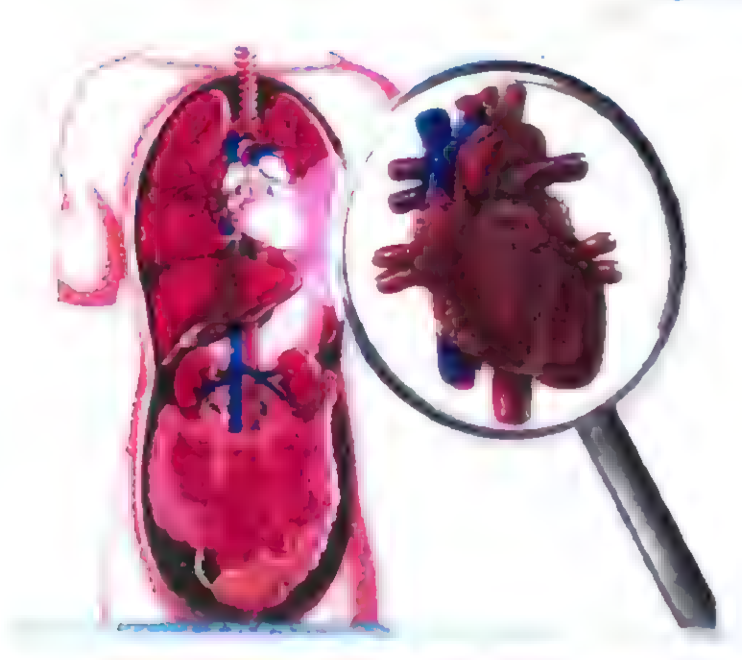
ook and read

The heart is very important because it moves blood around your body. Blood carries oxygen and nutrients to all parts of the body.

القلب مهم جداً لأنه ينقل الدم حول جسمك. يحمل ال
الأكسجين والعناصر الغذائية إلى جميع أجزاء الجسم.

Veins carry blood from the body to the heart. There isn't a lot of oxygen left in this blood because it was used in the body. That is why the blood looks darker.

الجسم إلى القلب. لا يتبقى
من الأكسجين في الدم لأنه تم استخدامه في الجسم.
يبدو الدم داكن اللون (اغمق).



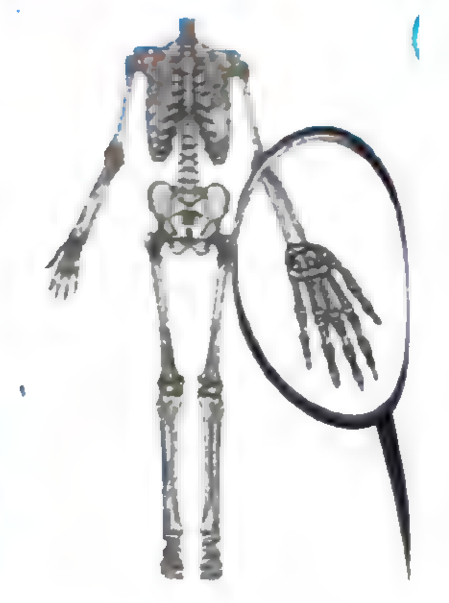
he heart pushes this blood to the lungs. In the lungs, oxygen is dded to the blood. The oxygenated blood (now with oxygen in it) avels back to the heart and then the heart pumps it out to the est of the body in the arteries. Veins and arteries are the major lood vessels that connect to the heart.

يضاف الأكسجين إلى الدم. يعود الدم المؤكسد (الذي يحتوي الآن
القلب إلى باقي الجسم في الشرايين. الأوردة والشرايين هي الأوعية الدموية الرئيسية

Bones and muscles

Our skeleton is all the bones that keep us strong and help us move. We need muscles to move our bones. Muscles are attached to bones and they lift and turn bones so we can walk, run, dance - anything!

هيكلنا العظمي هو كل العظام التي تبقينا أقوياء وتساعدنا على الحركة نحتاج إلى العضلات لتحريك عظامنا العضلات متصلة بالعظام وهي ترتفع وتلف لذلك نتمكن من المشي والجري والرقص وكل شيء



When we kick a ball, muscles make the bones in our leg and knee move. Muscles in our arms and elbows move when you play tennis. We use muscles when we chew food, to move the jaw bone up and down. Bones are hard, and they protect our soft organs. Our brain, heart and lungs are important organs that need to be safe.

عندما نركل الكرة، تجعل العضلات العظام في الساق والركبة تتحرك. تتحرك العضلات في أذرعنا وفي المرفقين عندما نلعب التنس نحن نستخدم العضلات عند مضغ الطعام لتحريك عظمة الفك لأعلى ولأسفل. العظام صلبة وتحمي أعضائنا الرخوة. مخنا وقلبنا ورئتنا أعضاء مهمة يجب أن تكون آمنة

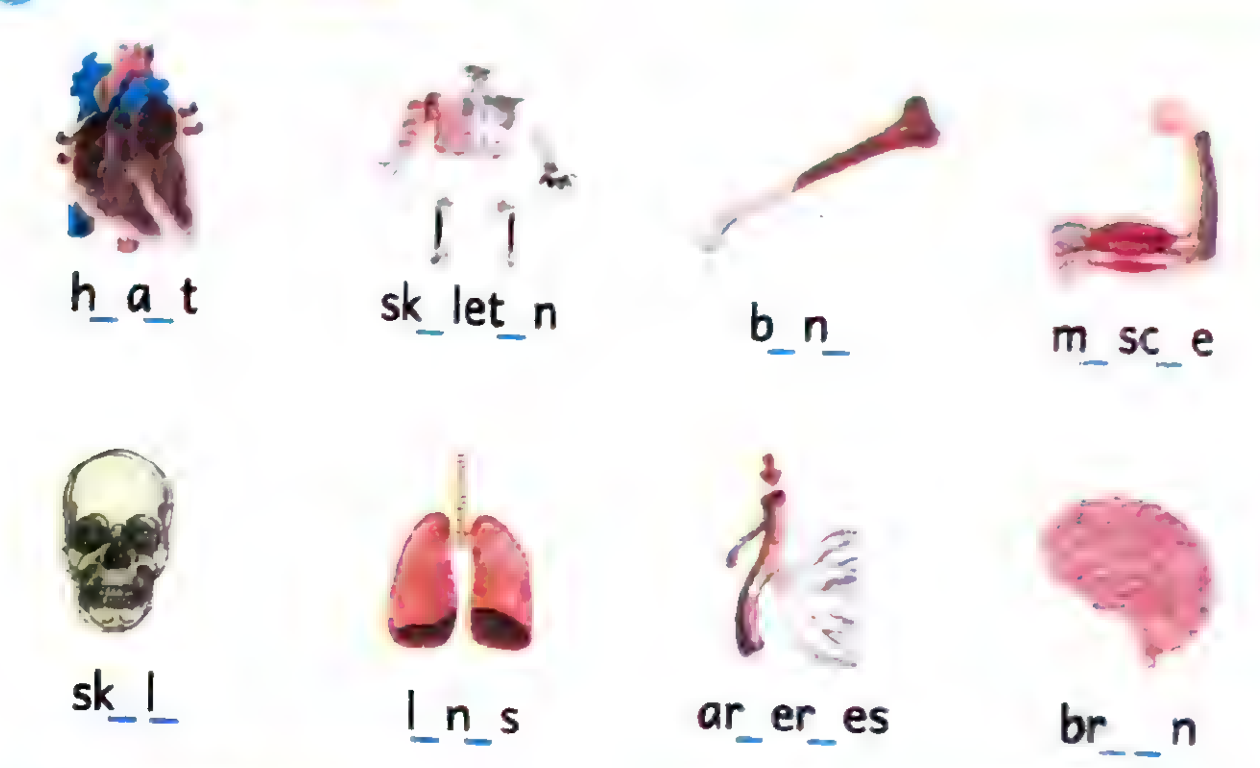


1- There are 206 bones in a skeleton. — ٢٠٦ عظمة في الهيكل العظمي.
2- Muscles are soft. — [illegible] رخوة.
3- Bones are hard. — [illegible] صلبة.
4- Our skull protects our brain. — الجمجمة مخنا.
5- Our ribs protect our heart. — الضلوع قلبنا.

Help your child look and read. — [illegible] أن ينظر ويقرأ.



1 Look and complete.



2 Look at the pictures and unscramble the letters.



elp your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

3 Choose the correct word.

1) Our (heart - skull - brain) beats about 70 times a minute.
2) Our (skull - brain - elbow) controls everything that happens in our body.
3) Our (jaw - lungs - skeleton) helps us move and makes us strong.
4) The heart moves (blood - water - milk) around your body.
5) Blood carries (veins - oxygen - ice) to all parts of the body.
6) (Veins - Lungs - Muscles) carry blood from the body to the heart
7) In the (skull - lungs - heart) oxygen is added to the blood.
8) Veins and arteries are blood (muscles - vessels - nutrients)
9) We need (lungs - eyes - muscles) to move our bones.
10) Bones are (soft - hard - easy) and they protect our soft organs
11) Blood is a (gas - liquid - solid)
12) Oxygen is a (gas - liquid - solid)
13) Veins carry blood (to - with - without) oxygen to the heart.
14) Our (ribs - lungs - jaws) protect our heart.
15) Our (knee - elbow - jaw) is a bone in our face.
16) There are 206 bones in a (skeleton - jaw - skull)
17) (Arteries - Veins - Lungs) carry blood with oxygen.
18) We use (knees - muscles - heart) when we chew food.
19) Muscles are (hard - safe - soft)
20) Muscles are attached to the (bones - lungs - heart)

4 Read and match.

1) oxygen
2) nutrients
3) Veins
4) Veins and arteries

a) are the major blood vessels.
b) a gas which all living organisms need
c) We need these to help us grow.
d) carry blood without oxygen to the heart

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

5 Unscramble the following words to make correct sentences.

1. skeleton - us - Our - move - helps - .

....

2. important - is - The heart - very - .

....

6 Read the passage then answer the questions.

The heart is very important because it moves blood around your body. Blood carries oxygen and nutrients to all parts of the body. Veins carry blood from the body to the heart. There isn't a lot of oxygen left in this blood because it was used in the body. That is why the blood looks darker. The heart pushes this blood to the lungs. In the lungs, oxygen is added to the blood.

A) Choose the correct answer.

1. (Nutrients - Veins - Lungs) carry blood from the body to the heart.
2. In the lungs, (oxygen - air - water) is added to the blood.

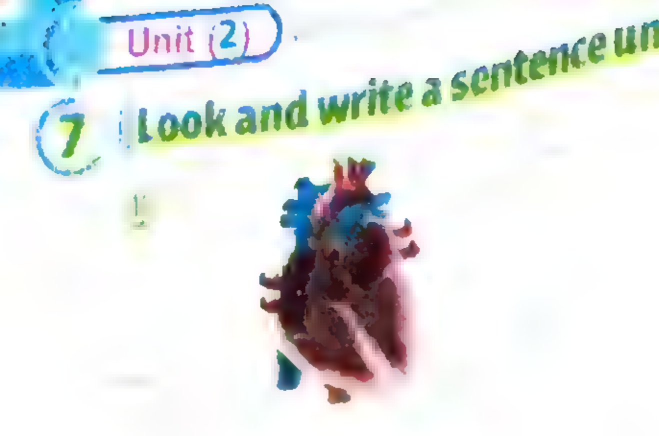
B) Answer the following questions.

1. Why is the heart very important?

2. What carries oxygen and nutrients to all parts of the body?

7 Look and write a sentence under each picture:

1



heart - important

....

2

Bones - hard

....

8 Fill in the spaces with:

Arteries - Blood - blood vessels - nutrients - Veins

1. .... carry blood from the body to the hear[t]
2. .... carries oxygen and nutrients around your bod[y]
3. We need .... to help our bodies gro[w]
4. .... carry blood away from the heart to the bod[y]
5. Veins and arteries are types of ....

9 Complete the following dialogue with:

What - reading - morning - skeleton

Omar : Good morning, Hana.

Hana : Good (1) .... , Omar

Omar : (2) .... are you doing

Hana : I'm (3) .... a boo[k]

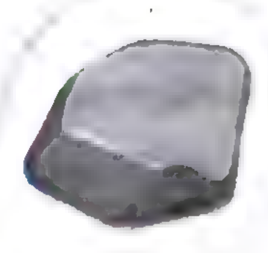
Omar : What is it about?

Hana : It's about the (4) ....

Lesson (3)

Language use

Listen and say.



rock
صخرة

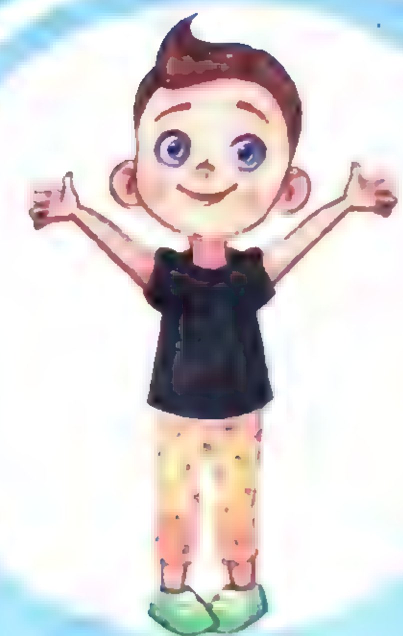


sunglasses
نظارة شمس



helmet
خوذة







wear
يرتدي



knee pads
(حافظة / واق) للركبة

mountains
جبال

elp your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

Future with "going to" زمن المستقبل باستخدام

Usage

We use "be going to" to talk about things we intend to do.

نستخدم be going to عند الحديث عن الأشياء التي ...

Form

I	+ am		
He / She / It / Singular noun	+ is	+ going to + inf.,	
We / You / They / Plural noun	+ are		

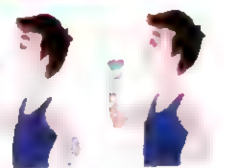
e.g. I am going to a helmet.



e.g. She is going to to bed early.



e.g. We are going to drink water.



Keywords

tomorrow غداً today اليوم this (evening, المساء...)

tonight after school,... (بعد المدرسة ...)

e.g. He is going to ride a horse tomorrow.



Help your child identify the future with "going to".
ساعد طفلك أن يتعرف على المستقبل باستخدام "going to".

Negative

am not +
is not / isn't + going to + inf. ...
are not / aren't +

e.g. He isn't going to wear pads.
e.g. I'm not going to wear sunglasses.

(Yes / No) question

Is + he / she / it / singular noun
Are + we / you / they / plural noun + going to + inf. ..?

- Is she going to wear a helmet?





- Yes, she is.

- Are they going to go to bed?

- No, they aren't.

Wh-question

What + is / are + he / she / it / singular noun / we / you / they / plural noun + going to + inf. ?

e.g. What are you going to do today?
I'm going to go to the park after school.



Help your child identify the future with "going to". ساعد طفلك أن يتعرف على المستقبل باستخدام "going to".

Look and read



He is going to wear a helmet when he rides a horse.

سوف يرتدي خوذة عندما يركب حصان.



She is going to wear pads to protect her elbows.

سوف ترتدي وسادات واقية لتحمي مرفقيها



I am going to wear sunglasses to protect my eyes

from the sun. سوف أرتدي نظارات شمسية لاحمي عيناي من الشمس.

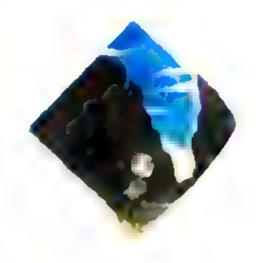


We are going to drink water after we go running.

سوف نشرب ماء بعد ذهابنا للجري.



She is going to go to bed early! سوف تذهب للنوم مبكرا!



He's going to climb a rock. سوف يتسلق صخرة.

Choose the correct word.

1. He's going to wear a helmet (tomorrow - yesterday - always).
2. I am (go - goes - going) to wear sunglasses to protect my eyes.
3. We are going to (drink - drinks - drinking) water after we go runnin
4. She (am - is - are) going to go to bed early.
5. (We - I - She) is going to wear pads to protect her elbows.
6. (Am - Is - Are) they going to climb the mountain?

Help your child look and read. ساعد طفلك أن ينظر و يقرأ



1 Complete the following dialogue with:

time - ride - park - play

Hany : Where are you going, Hana?

Hana : To the (1) ....

Hany : Are you going to (2) .... a horse?

Hana : No, I'm going to (3) .... tennis.

Hany : Have a nice (4) .... !

Hana : Thank you.

2 Choose the correct word.

1. (Are - Is - Am) they going to drink water?
2. I ('m - 's - 're) going to go to the park.
3. I'm going to (wears - wearing - wear) a helmet.
4. I'm (go - going - goes) to have chicken and rice for dinner.
5. Is (he - you - we) going to climb the mountain?
6. Are they going (too - two - to) go to the park?
7. We are going to (drinks - drinking - drink) water.
8. No, he (hasn't - doesn't - isn't) going to wear pads.
9. (Yes - Don't - Not), she is going to wear sunglasses.
10. He's going to climb a rock (yesterday - last week - tomorrow).

Unit (2)

3 Read and complete with the correct form.

1. I am going to (wears) a dress.
2. I (are) going to go to the library.
3. Ali is (go) to wear pads.
4. No, we (is) going to go to the zoo.

4 Unscramble the following words to make correct sentences.

1. to - going - I'm - a helmet - wear - .
2. she - to - Is - going - pads - wear - ?
3. the park - He - going to - isn't - go to - .

5 Read and complete.

1. It's a school day. Is she going to go to bed early?
2. He's going to go swimming. Is he going to wear a helmet?
3. He's going to go the library. Is he going to wear pads?

6 Copy the following sentence.

I'm going to drink water.

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Lesson (4 & 5)

Life skills and values
Listening and writing




watch TV
يشاهد التلفاز



eat breakfast
يتناول الإفطار

drink water

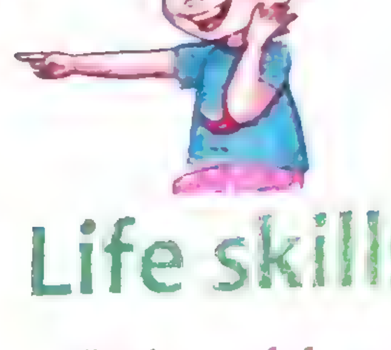


skip breakfast
يفوت وجبة الإفطار

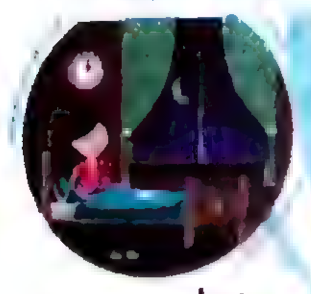




sleep



Life skills
مهارات حياتية



stay up late
يسهر لوقت متأخر

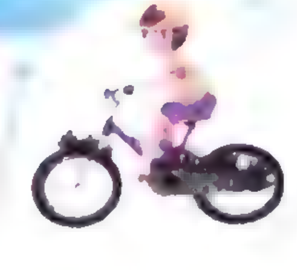
play outside



play video games
يلعب ألعاب الفيديو



running
الجري



cycling
ركوب الدراجات



eat fruit
تتناول الفاكهة

Help your child to be healthy.
ساعد طفلك أن يكون بصحة جيدة.

How healthy are you?

Do you ever skip breakfast?
هل سبق وأن تركت وجبة الإفطار؟



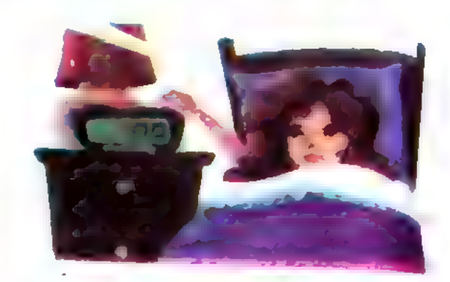
No, I eat breakfast. It's my favorite meal.
لا، أنا دائماً أتناول وجبة الإفطار. إنها وجبتي المفضلة.



sleep do you get every night?
ما مقدار النوم الذي تحصلين عليه كل ليلة؟



nine or ten hours every night.
أنام تسع أو عشر ساعات كل ليلة.



play outside every day?
هل تلعبون بالخارج كل يوم؟



Yes, we love being outside.
نعم، نحب أن نكون بالخارج.



n do you drink water?
كم مرة تشرب ماء؟



I drink about six cups a day.
أشرب حوالي ستة أكواب يومياً.



Help your child know how to ask and answer questions about how healthy you are

Which is heathier?




Drinking water is healthier than drinking cola



Eating vegetables is healthier than eating fries.




Running is healthier than playing video games.



Cycling is healthier than watching TV.

Definitions

be calm	كن هادئًا	relaxed, not angry / مسترخي / غير غاضب
be positive	كن إيجابيًا	try not to worry when facing a problem / يحاول ألا يقلق عند مواجهة مشكلة ما
stay up late	يسهر لوقت متأخر	not going to bed at the right time / لا ينام في الوقت المناسب
have an argument	يجادل	be cross with someone because you don't agree / يكون غاضبًا من شخص ما لأنك لا تتفق معه
be in a good mood	في حالة مزاجية جيدة	feeling happy and having fun / يشعر بالسعادة ويستمتع
skip breakfast	يفوت وجبة الإفطار	not to eat breakfast in the morning / لا يأكل وجبة الإفطار في الصباح

(✓) (x) the boxes.

Making healthy choices



I sometimes stay up late on a school night because I like watching TV and playing video games. In the morning, I feel tired and cross!

ليلى: أحيانًا أبقى مستيقظة لوقت متأخر ليلة المدرسة لأني أحب مشاهدة التليفزيون ولعب ألعاب الفيديو. في الصبح أشعر بالتعب والغضب.





When I find things difficult at school, or I have arguments with my friends, I try to stay positive. I like taking a walk outside because it helps me feel happy and calm.

آدم: عندما أجد الأمور صعبة في المدرسة، أو يكون هناك نقاش مع صدقائي، أحاول أن أبقى إيجابيًا. أحب التنزه في الخارج، لأنه يساعدني على الشعور بالسعادة والهدوء.





I do exercise every day - I play football or go swimming. I like cycling too. I'm always in a good mood after I do exercise.

دارين: أنا أتدرب كل يوم. ألعب كرة القدم أو أذهب للسباحة. أنا أحب ركوب الدراجة أيضًا. أنا دائمًا أكون في حالة مزاجية جيدة بعد التدريب.



Help your child make healthy choices.

ساعد طفلك أن يتخذ الاختيارات الصحية



Zain: I like fruit, but I eat a lot of sweet snacks too. Sometimes I feel tired, so I have candy and snacks. My mom says I don't get enough nutrients.

زين: أنا أحب الفاكهة، لكنني أتناول الكثير من الوجبات الخفيفة الحلوة أيضا. أحيانًا أشعر بالتعب، لذا أتناول الحلوى والوجبات الخفيفة. تقول أمي أنني لا أحصل على ما يكفي من العناصر الغذائية.





Malak: I like school, but I sometimes worry because I have arguments with my friends. Then I feel angry and sad. I don't tell anyone. I play video games and try to forget about it.

ملك: أحب المدرسة ولكن أحيانًا أشعر بالقلق لأنني أدخل في جدال مع أصدقائي. ثم أشعر بالغضب والحزن. أنا لا أخبر أي أحد. ألعب ألعاب الفيديو وأحاول أن أنسى ذلك.

Name	Idea
Laila	
Zain	
Malak	



1 Look and complete.


sl_ _p


e_t br_akf_st


c_cl_ng


v_deo g_mes


r_nn_ng

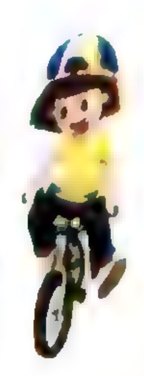

w_tch T_

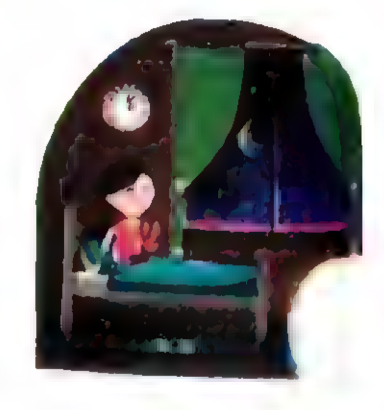

dr_nk wa_er


_at fr_it

... and tick (✓) the healthy choices.















Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

3 Choose the correct word.

1. Do you ever (watch - skip - drink) breakfast?
2. I sometimes (worry - stay - say) up late.
3. I prefer (trying - eating - watching) TV or playing video games.
4. I (make - do - have) exercise every day.
5. She is going to (sleep - watch - stay) early.

4 Read and match.

1	have an argument	a	relaxed, not angry
2	stay up late	b	feeling happy and having fun
3	be in a good mood	c)	be cross with someone because you don't agree
4	be positive	d)	not going to bed at the right time
5	be calm	e)	try not to worry when facing a problem

1- ( ) 2- ( ) 3- ( ) 4- ( ) 5- ( )

5 Look and write a sentence under each picture.

1. 

exercise- every day

2. 

feel- tired

6 Fill in the spaces with:

skip breakfast - be positive - calm - an argument - stay up late

1. When I feel worried, I try to .... and think of nice things.
2. I don't .... because the next day I feel tired and angry.
3. I feel unhappy when I have .... with my friend.
4. I get hungry and tired if I ....
5. Wael doesn't shout when things go wrong. He is ....

7 Unscramble the following words to make correct sentences.

1. you - skip - Do - ever - breakfast - ?

....

2. do - drink - often - How - water - you - ?

....

3. watching - Fares - sports - likes - .

....

4. never - skip - I - breakfast - .

....

8 Copy the following sentence.

I never skip breakfast.

....

....

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Phonics



Long
oo /u:/





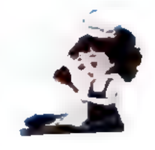

mood	food	root	tool	room
حالة مزاجية	طعام	جذر	أداة	حجرة








Short
oo /ʊ/




book	cook	wood	good	foot
كتاب	يطهو / يطبخ	خشب	جيد	قدم



Look and read.

Healthy food puts Fares in a good mood.

I'm in my room. I've got a book about the moon.



Listen. Underline the long (oo) sound. Circle the short (oo) sound.

1. He's in a bad mood because he hurt his foot with a big book!



2. Let's cook some food. We'll eat in the kitchen, not in the living room.



Help your child recognize and produce the oo sounds. ساعد طفلك أن يتعرف على صوت oo وينطقه.

Vocabulary

organ	عضو	protect	يحمي
brain	المخ	layer	طبقة
lungs	الرئتان	attach	يربط
dirt	قاذورات	sunburn	حروق الشمس
germs	جراثيم	damage	يضر / يتلف

Listen and read.

1 Do you know what the largest organ in our body is?

هل تعرفون ما أكبر عضو في جسمنا؟



2 Is it our lungs? They're big!

هل هو الرئتان؟ إنهما كبيرتان!





3 Is it our brain?

هل هو مخنا؟



4 No, it's our skin!

لا، إنه جلدنا!



5 Our skin? Wow!

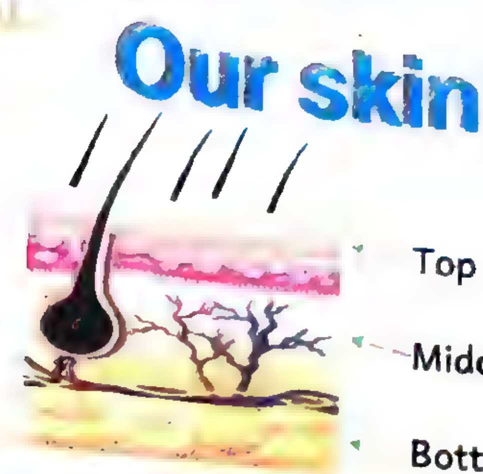
جلدنا؟ واو!



Help your child listen and read.

ساعد طفلك أن يستمع ويقرأ.

Our skin



Our skin is the largest organ in our body, and it's very important. It protects us from the sun, as well as from dirt and germs. It keeps you cool in hot weather, and warm in cold weather! We need to look after our skin to keep it healthy. Our skin has got lots of layers.

جلدنا هو العضو الأكبر في جسدنا، وهو مهم للغاية. يحمينا من الشمس وأيضًا يحمينا من القاذورات والجراثيم. إنه يحافظ على برودة جسمك في الطقس الحار وعلى دفئك في الطقس البارد! نحن بحاجة إلى أن نعتني ببشرتنا لتبقى صحية. جلدنا له العديد من الطبقات.

1) Top layer

This is strong. Water can't get through it!

الطبقة العليا: هذه طبقة قوية، لا يمكن للماء أن يمر عبرها.

2) Middle layer



We can feel hot and cold things here. This has got blood vessels.

الطبقة الوسطى: يمكننا الشعور بالحرارة والبرودة هنا. هذه الطبقة بها الأوعية الدموية.

3) Bottom layer



This attaches your skin to your bones and muscles.

الطبقة السفلي: تربط جلدك بعظامك وعضلاتك.

The sun can damage our skin. We can get sunburn.
It's important to wear sunscreen to protect our skin.
Do you wear sunscreen?

يمكن للشمس أن تلحق الضرر ببشرتنا. يمكن أن نصاب بحروق الشمس. من المهم وضع كريم واقٍ من أشعة الشمس لحماية بشرتنا. هل تضع كريم واقٍ من أشعة الشمس؟



Activities

1 [illegible]



f _ _ d



c _ _ k



w _ _ d



r _ _ m

2 Look and complete with:

food - book - mood

1. He reads a .... about the moon.
2. She eats healthy ....
3. She is in a bad ....



3 Choose the correct word.

1. The top (food - layer - moon) of the skin is strong.
2. We can (feel - get - keep) hot and cold things through the middle layer of the skin.
3. The sun can (attach - keep - damage) our skin.
4. It's important to wear (sunglasses - sunscreen - sunburn) to protect our skin.
5. Our skin keeps us (fat - cool - hot) in hot weather.
6. We have got (blood vessels - water - lungs) in the middle layer of skin.
7. We can get (sunscreen - sunburn - layer) from the sun.

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

4 Read and match.

1. Our skin is
2. Water can't get through
3. Do you wear sunscreen?
4. The middle layer of the skin

a) Yes, I do.
b) has got blood vessels.
c) the largest organ in our body.
d) the top layer of the skin.

1-( )   2-( )   3-( )   4-( )

5 Unscramble the following words to make correct sentences.

1. got - about - I've - the moon - a book - .

....

2. some - Let's - food - cook - .

....

3. get - can - from - We - the sun - sunburn - .

....

6 Look and write a sentence under each picture.

1



wear - sunscreen

....

2



healthy - food

....

Unit (2)

7 Read the passage then answer the questions.

Our skin is the largest organ in our body, and it's very important. It protects us from the sun, as well as from dirt and germs. It keeps you cool in hot weather, and warm in cold weather. We need to look after our skin to keep it healthy.

A) Choose the correct answer.

1. Your skin keeps you (cold - hot - cool) in hot weather.
2. We need to (damage - look after - attach) our skin.

B) Answer the following questions.

3. What is the largest organ in our body?
4. What does our skin protect us from?

8 Fill in the spaces with:

Water - attaches - important - layers

1. Our skin has got lots of
2. It's to wear sunscreen
3. .... can't get through our top layer of skin.
4. The bottom layer your skin to your bones and muscles.



Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



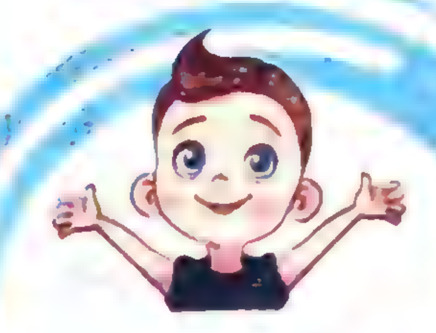
CLIL: Science: Digestion

Listen and say.


mouth
الفم


teeth
الأسنان


tongue
اللسان



Parts of the body
أجزاء الجسم




stomach
المعدة


jaw
الفك

Vocabulary

break down	يحلل	chew	يمضغ	saliva	اللعاب
stomach acid	حمض المعدة	swallow	يبتلع	absorb	يمتص
get rid of	يتخلص من				

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

Digestion عملية الهضم

We know it's important to eat healthy food. But do you know what happens to food after you eat it?

نحن نعلم أنه من المهم تناول الطعام الصحي. ولكن هل تعرف ماذا يحدث للطعام بعد أن نأكله؟

When we swallow food, it goes to our stomach. We get energy and nutrients from the food we eat. But our bodies have to change the food so it can use it. It has to break down the food before it can absorb it. We chew food in our mouths, using our teeth, tongue and jaw.

tongue
mouth
teeth
jaw
stomach

عندما نبتلع الطعام، يذهب للمعدة. نحصل على الطاقة والعناصر الغذائية من الطعام الذي نأكله. ولكن أجسامنا يجب أن تغير الطعام حتى تتمكن من استخدامه. يجب أن يحلل جسمنا الطعام قبل أن يتمكن من إمتصاصه. نمضغ الطعام في أفواهنا، مستخدمين أسناننا، ولساننا وفكنا.

We need saliva to help us do this. This is a liquid made in ou mouth. Then we swallow the food. Muscles help to push it dow to our stomach. When the food is in our stomach, another special liquid called "stomach acid" breaks down the food. Th is called digestion.

نحتاج اللعاب ليساعدنا في فعل ذلك. اللعاب سائل يتكون في افواهنا. ثم نبتلع الطعام. تساعد العضلات في دفع الطعام لأسفل إلى معدتنا. عندما يصبح الطعام في معدتنا، هناك سائل اخر خاص يسمى «حمض المعدة» يعمل على تحلل الطعام. هذه العملية تسمى «الهضم».

Now the body can absorb the nutrients it needs from the food and get rid of the things it doesn't need.

يستطيع الجسم امتصاص العناصر الغذائية التي يحتاجها من الطعام ويتخلص من الأشياء التي لا يحتاجها.

Help your child look and read. ساعد طفلك أن ينظر ويقرأ.



1 Look and complete.



st_m_ch



to_gue



t_e_h



m_u_h

2 Choose the correct word.

1. First, we put food in our (stomach - mouth - teeth).
2. We make food smaller with our (saliva - tongue - teeth).
3. We (swallow - chew - absorb) food with our teeth.
4. We have a liquid called (tongue - stomach - saliva) in our mouth to help us chew food.
5. When our food is smaller, we can (swallow - absorb - chew) it.
6. When we eat, food goes to our (teeth - stomach - feet).
7. In the stomach, our body breaks (up - out - down) the food.
8. The body can (drink - swallow - absorb) the nutrients we need.

3 Read and match.

1. We make food smaller with our — a. down the food.
2. We have a liquid in our mouth — b. to the stomach.
3. Stomach acid breaks — c. teeth.
4. When we swallow food, it goes — d. called saliva.

1-( ) 2-( ) 3-( ) 4-( )

Unit (2)

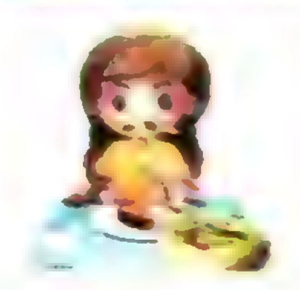
4 Unscramble the following words to make correct sentences

1. chew - with - We - food - teeth - our .

2. healthy - important - It's - eat - food - to .

3. energy - the - We - get - from - food .

5 Look and write a sentence under each picture.



saliva - chew



chew - food

6 Fill in the spaces with:

mouth - gets - swallow - stomach

1. When we ______ food, it goes to our stomach.
2. We chew food in our ______.
3. The ______ acid breaks down the food.
4. The body ______ rid of the things it doesn't need.

7 Copy the following sentence.

It's important to eat healthy food.

help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



Activities on Unit (2)

1. Look and complete.



h_a_t



sk_le_on



l_n_s



m_sc_e

2. Complete the following dialogue with:

skull - ride - going - wear

Hana : What are you (1) .... to do?

Hany : I'm going to (2) .... my bike.

Hana : Are you going to (3) .... a helmet?

Hany : Yes. It protects my (4) ....

3. Choose the correct word.

1. (Am - Is - Are) he going to ride a horse?
2. Our (teeth - lungs - skeleton) is all the bones that keep us strong.
3. I'm going to (wear - wears - wearing) a helmet.
4. Our (mouth - skin - heart) has got lots of layers.
5. We are (go - goes - going) to have chicken for lunch.

4 Read and complete with the correct form.

1. (Are) he going to play football?
2. They (is) going to go to the zoo.
3. Is she going to go swimming? - No, she .... (is).
4. I (is) not going to go to school today.

5 Read and match.

1. oxygen — a) not going to bed at the right time
2. blood vessels — b) a gas which all living organisms need
3. be calm — c) veins and arteries
4. stay up late — d) relaxed, not angry

1-( ) 2-( ) 3-( ) 4-( )

6 Look and write a sentence under each picture.



going a horse



heart important

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



7 Read the passage then answer the questions.

We know it's important to eat healthy food. When we swallow food, it goes to our stomach. We get energy and nutrients from the food we eat. But our bodies have to change the food so it can use it. It has to break down the food before it can absorb it. We chew food in our mouths, using our teeth, tongue and jaw. We need saliva to help us do this. This is a liquid made in our mouth. Then we swallow the food. Muscles help to push it down to our stomach.

A) Choose the correct answer.

1. It's important to eat (bad - unhealthy - healthy) food.
2. We chew food in our (mouths - saliva - stomach).

B) Answer the following questions.

3. Where does food go when we swallow it?

4. What do we get from the food we eat?

8 Copy the following sentence.

I eat breakfast every day.

Unit (3)

ماذا يوجد في طبقك؟

carbohydrate, dairy, fat, fiber, minerals, protein, sugar, vitamins

calories, enough, percent, serving, sodium, too much

You a healthy lunch every day.
You cookies every day.

A leaflet about water, a text about preserving food, a text about sugar

nutri... diges...

making healthy choices

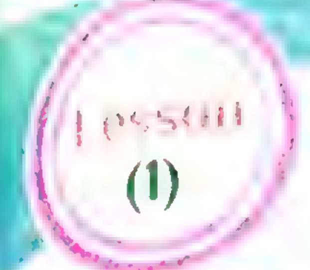
independence

a healthy diet for a healthy mind

water and why we need it

decimal points: measuring ingredients



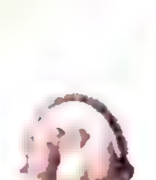


Vocabulary

Listen and say.



بروتين






chicken cereal rice

كربوهيدرات

eggs




bread

fish pasta





منتجات الألبان

yogurt



vegetables

fruit

cheese



milk

olive oil



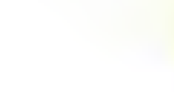
فيتامينات

sodium

butter

دهون

صوديوم





balance توازن	calcium الكالسيوم	olive oil زيت زيتون
diet نظام غذائي	strong قوي	sugar سكر





Help your child identify nutrients.
ساعد طفلك أن يتعرف على العناصر الغذائية



Look, listen and read.

I always have fruit at breakfast - an apple or a banana. There are lots of vitamins in fruit, and there is fiber, too! Do you like fruit, Hany?

أتناول الفاكهة دائماً في وجبة الإفطار - تفاحة وموزة. [illegible] الفاكهة، ويوجد بها ألياف أيضاً. هل تحب الفاكهة [illegible]؟

Yes, I do, but what are vitamins? Why do we need them?

نعم، ولكن ما هي الفيتامينات؟ ولماذا نحتاج إليها؟

Vitamins are nutrients in some foods. They're good for all parts of your body, and they make you strong! Mom says we should eat lots of fruit to get the vitamins we need.

الفيتامينات هي عناصر غذائية موجودة في بعض [illegible] مفيدة لأعضاء جسمك كلها وتجعلك قوياً [illegible] تناول الكثير من الفاكهة [illegible]

That's good, because fruit is delicious! Are there vitamins in eggs?

هذا جيد، لأن الفاكهة لذيذة! هل توجد الفيتامينات في البيض؟

Yes, there are!

نعم، توجد.

Help your child look, listen and read

Look and read.

It's important to get a balance of the right kinds of food. Our bodies need lots of different nutrients, including vitamins and minerals, to work well and be healthy. This healthy eating plate is a good way to think about what we need.

We should try to eat 5 - 7 pieces of fruit and vegetables a day. There are lots of vitamins in fruit, such as Vitamin C. There is also fiber. Fiber is very important in a healthy diet.

يجب علينا محاولة تناول من ٥ إلى ٧ قطع من الفاكهة و الخضروات يوميا. يوجد الكثير من الفيتامينات في الفاكهة مثل فيتامين سي. يوجد أيضا الألياف. الألياف مهمة جدا في النظام الغذائي الصحي

Carbohydrates give us energy. We can get these in bread, pasta, rice and cereal.

Carbohydrates

We need protein to help us grow and to make our bodies strong. There's protein in meat, fish and eggs.

نحتاج بروتين ليساعدنا في النمو ويجعل أجسامنا قوية. يوجد بروتين في اللحوم والأسماك والبيض.

We need some fats, too, because they give us energy and help us absorb some important vitamins. There are healthy fats and oils such as olive oil and butter.

نحتاج بعض الدهون أيضا لأنها تمدنا بالطاقة وتساعدنا في امتصاص بعض الفيتامينات المهمة. يوجد دهون وزيوت صحية مثل زيت الزيتون والزبدة.

There is protein in dairy foods such as milk and cheese too. Dairy foods also give us vitamins and a mineral called calcium. Calcium is good for our bones, heart and muscles.

يوجد بروتين في منتجات الألبان مثل اللبن والجبن أيضا. منتجات الألبان تعطينا أيضا فيتامينات ومعدن يسمى الكالسيوم. الكالسيوم مفيد لعظامنا وقلبنا وعضلاتنا.

Help your child read.

ساعد طفلك أن يقرأ



Activities

1 Look and complete.



carb_h_drates



vit_m_ns



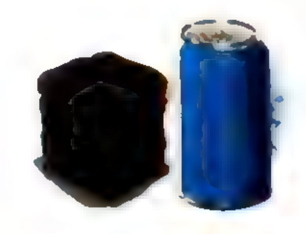
prot_ _n



f_ts



f_b_r



s_g_r



v_get_bles



d_ _ry



2 Choose the correct word(s).

1. There are (vitamins - protein - oil) and fiber in fruit and vegetables
2. Fruit is (bad - good - useless) for our health.
3. (Sugar - Protein - Fats) helps our bodies grow.
4. Dairy foods have a (mineral - vitamin - protein) called calcium
5. Calcium is good for our (eyes - bones - head), heart and muscles
6. We need healthy fats in some (oils - minerals - candies) to get our vitamins.
7. We can find (vitamins - carbohydrates - minerals) in bread, pasta, rice and cereal.
8. There are lots of (carbohydrates - fats - vitamins) in fruit.
9. We shouldn't eat or drink a lot of (vitamins - protein - sug...

Help your child deal with such questions.

10. There is sugar in (fish - cakes - egg).
11. We find protein in (soda - meat - milk).
12. Vitamin C makes us (weak - bad - strong).
13. Cheese, milk and butter are (sugar - dairy - minerals) foods.
14. Our bodies need lots of different (nutrients - fats - soda).
15. Apples and bananas are (fats - fruit - vegetables).

3 Read and match.

1. There is sugar in	a) Yes, he does.
2. Protein helps	b) They are nutrients in some foods.
3. Does Hany like fruit?	c) cake, biscuits and soda.
4. What are vitamins?	d) our bodies grow.

1- (   )   2- (   )   3- (   )   4- (   )

4 Read the passage then answer the questions.

Carbohydrates give us energy. We can find these in bread, pasta, rice and cereal. We need some fats, too, because they give us energy and help us absorb some important vitamins. There are healthy fats and oils such as olive oil and butter.

A) Choose the correct answer.

1. (Carbohydrates - Sugar - Protein) give us energy.
2. We can find carbohydrates in (meat - cake - rice).

B) Answer the following questions.

3. Where do we find healthy fats?

4. Why do we need some fats?

5 Read and rearrange the words to make correct sentences.

1. is - in protein - foods - There - dairy - .

2. always - at - I - fruit - breakfast - have - .

3. Hana - have - does - What - lunch - for - ?

4. Hany - like - Does - fruits - ?

6 Look and write a sentence under each picture.



vitamins - fruit



Protein - bodies - strong

7 Copy the following sentence.

We should have a healthy diet.



Language use

should / shouldn't

We use should / shouldn't for advice.
نستخدم (ينبغ / ينبغ ألا) لإعطاء النصيحة.

Affirmative

الإثبات



Subject + should + inf. مصدر الفعل .....

e.g. You should eat a healthy lunch every day.

Negative

النفى



Subject + should not (shouldn't) + inf. مصدر الفعل .....

e.g. You shouldn't eat cookies every day.

(Yes / No) question

Should + subject + inf. مصدر الفعل ..... ?

e.g. Should he eat some food with carbohydrates?


Yes, he should.

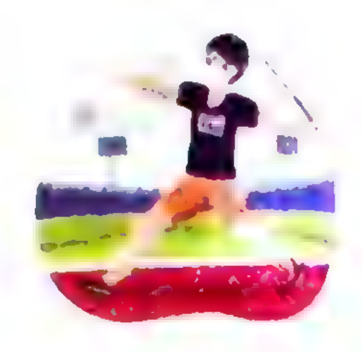

No, he shouldn't.

Help your child use should for advice.
ساعد طفلك أن يستخدم should لإعطاء النصيحة

Choose the correct word(s).

1. Hana (should - don't - shouldn't) eat candies every day.
2. (Do - Should - Is) he eat cakes every day?
3. Hany (don't - shouldn't - should) eat fruit every day.
4. Hana (should - isn't - shouldn't) drink soda every day.
5. Should she (skip - skipped - skipping) breakfast?

Look and read. Then answer.



Younis is an athlete. He wants to have a healthy diet. He lives in a hot country and he does a lot of exercise. He's going to do a race tomorrow, so he needs lots of energy.

يونس لاعب ألعاب قوّي. ويريد أن يكون له نظام غذائي صحي. هو يعيش في دولة حارة ويقوم بالكثير من التمارين
يونس سيذهب للسباق غدًا ولذلك يحتاج الكثير من الطاقة.

1. Should Younis eat some food with carbohydrates?
2. Should he drink water when he exercises?
3. Should he sleep for four hours tonight?
4. Should he eat lots of candies and cakes?

Activities

1 Fill in the spaces with.

drink - shouldn't - sleep - sugar

1. She .... eat candies every day.
2. He should .... water when he exercises.
3. You shouldn't eat a lot of ....
4. You should .... for 8 hours a night.

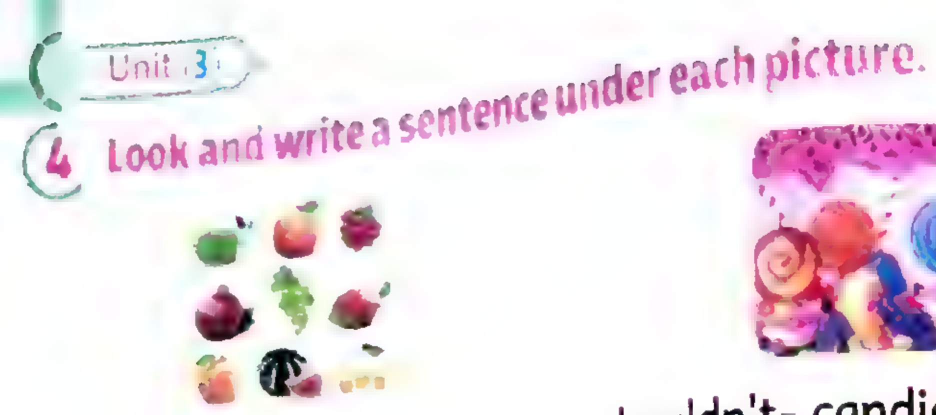
2 Choose the correct word(s).

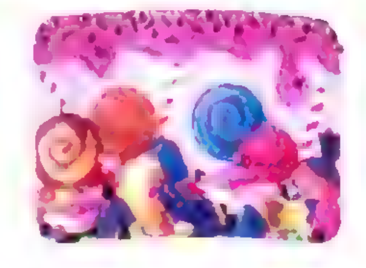
1. He should (drinks - drink - drinking) a lot of water.
2. You (should - should to - shouldn't) stay up late.
3. She should (do - does - doing) sports every day.
4. No, he (should - shouldn't - isn't) play too many video games.
5. (Do - Is - Should) he eat fruit and vegetables?

3 Read and rearrange the words to make correct sentences.

1. every - You - eat - day - shouldn't - cookies .
2. cakes - Should - eat - he - lots of ?
3. vegetables - You - eat - should .

4 Look and write a sentence under each picture.





You - eat - every day

shouldn't - candies - every day



shouldn't - soda

milk

drink - every day

5 Read and write True (T) or False (F).

Sama is a runner. She is going to run in a race at the weekend. She should eat healthy food. She shouldn't eat lots of candies. She should drink lots of water. She shouldn't drink soda.



1. Sama should eat lots of candies.
2. She is going to run in a race on Monday.
3. She should drink lots of water.
4. She shouldn't eat healthy food.

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة



Reading

Vocabulary

living things	الكائنات الحية	litre	[illegible]
humans	البشر	pure water	ماء نقي
break down	يتحلل	weather	[illegible]
headache	صداع		

Definitions

hydrated — when your body gets enough water
مشبع بالماء — عندما يحصل جسمك على كمية كافية من الماء

dehydrated — when your body doesn't get enough water
جاف — عندما لا يحصل جسمك على كمية كافية من الماء

joints — the parts of your body that move
المفاصل — [illegible]

toxins — things you don't want in your body; they can make you ill
السموم — شيء لا تريده في جسمك، يمكن أن يجعلك مريض

temperature — a measurement of how hot or cold you feel
درجة الحرارة — قياس درجة السخونة أو البرودة التي تشعر بها

sweat — a liquid that comes out of your skin when you are hot
العرق — سائل يخرج من جسمك عندما تشعر بالحرارة

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات

Unit (3)

Look and read.

Why do we need water?



All living things need water. Animals and humans drink water. Plants get it from the soil in their roots. We all know water is good for us, but do you know how important it is for our health? Our blood is about 82% water. Blood carries oxygen and nutrients around the body. We eat food, and it breaks down into nutrients in our stomach. Water helps with this, and it also helps carry the nutrients around the body in our blood vessels.

كل الكائنات الحية تحتاج إلى الماء. الحيوانات والبشر يشربون [illegible]. تحصل النباتات [illegible] من التربة الزراعية و جذورها. جميعًا نعلم أن الماء مفيد لنا، لكن هل تعرف أهميته لصحتنا؟ [illegible] يحمل الدم الأكسجين والعناصر الغذائية حول الجسم. نحن [illegible] يساعدنا الماء في ذلك ويساعد أيضا في نقل العناصر الغذائية حول الجسم في أوعيتنا الدموية.

Our brains are made up of about 75% water. If you drink enough water, your brain works better. If you don't drink enough water, you get dehydrated.
You feel tired and you don't have a lot of energy. You can get a headache or find it difficult to think. When you are hydrated, it means getting enough water. It's good for your joints, your bones and your body temperature.

يتكون المخ من حوالى ٧٥٪ من الماء. اذا كنت تشرب كمية كافية من [illegible] تشرب كمية كافية من الماء، فإنك ستصاب بالجفاف. وتشعر بالتعب [illegible] الكثير من الطاقة. يمكن أن تصاب بالصداع أو تجد صعوبة في التفكير. عندما تكون مشبعًا بالماء [illegible] حصولك على كمية كافية من الماء. الماء مفيد لمفاصلك وعظامك ودرجة حرارة جسمك.

read about the



Water also helps your body to get rid of toxins from your body, and helps the other organs in your body to work well. Children should drink about 1.5 litres of water every day. Most of this should be pure water, but we can also get water from other drinks such as milk, tea and fruit juices, and fruits and vegetables. We should drink more water in hot weather because we lose water when we sweat.

أيضا يساعد الماء جسمك على التخلص من السموم، ويساعد أعضاء الجسم الأخرى على العمل بشكل جيد. يجب على الأطفال أن يشربوا حوالي ١,٥ لتر من الماء كل يوم. يجب أن تكون معظم هذه المياه نقية ولكن يمكننا أيضا الحصول على الماء من مشروبات أخرى مثل: اللبن، الشاي، عصير الفواكه والفاكهة، والخضروات. يجب علينا أن نشرب الكثير من الماء في الطقس الحار، لأننا نفقد الكثير من الماء عندما نعرق.

Language

How much ....? كم كمية ...؟

How much + uncountable noun + ...?

How much water should children drink every day?

كم كمية الماء التي يجب أن يشربها الأطفال كل يوم؟

1.5 litres.



How much of our blood is made of water?

كم كمية الماء المكون منها دمنا؟

82%



Help your child look and read about the importance of water





1 Choose the correct word(s).

1. If you don't drink enough water, you get (hydrated - dehydrated - temperature).
2. When you are (dehydrated - hydrated - sweat), it means you are getting enough water.
3. Water helps your body get rid of (joints - toxins - sweat).
4. We lose water when we (sweet - sweat - eat).
5. Water is good for your body (temperature - toxins - bar).
6. ([illegible] - Sweat - Meat) is a liquid that comes out of your skin when you are hot.
7. ([illegible]nts - [illegible]ins - Fruits) are things you don't want in your body: they can make you ill.

2 Read and match.

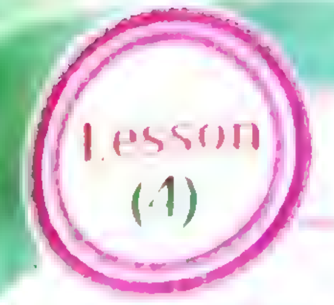
1. hydrated	a. the parts of your body that move.
2. dehydrated	b. when your body gets enough water.
3. temperature	c. when your body doesn't get enough water.
4. joints	d. how hot or cold you feel.

1-( ) 2-( ) 3-( ) 4-( )

3 Read and rearrange the words to make correct sentences.

1. much - do - How - water - you - drink - ?
2. should - You - drink - water - pure - .

Help your child deal with such questions.



Life skills

Definitions

Word	Definition
serving حصة من الطعام	how much you eat at one time مقدار ما تأكله في المرة الواحدة
calories سعرات حرارية	the amount of energy in food كمية الطاقة في الطعام
sodium الصوديوم	a mineral we need معدن نحن نحتاجه
enough كاف	the right amount الكمية الصحيحة
too much كثير جدا	more than we need أكثر مما نحتاجه
percent النسبة المئوية	the amount of vitamins or minerals that our bodies need every day نسبة الفيتامينات أو المعادن التي تحتاجه أجسامنا كل يوم

Listen and read.

We can look at food packaging to find out what is in our food. This helps us decide if it is healthy or unhealthy. For example, if we see that there are lots of calories and not a lot of vitamins, we can decide to make a different choice. These are some words you will find on a food package:

يمكننا أن ننظر إلى عبوة الطعام لمعرفة ما هو موجود في طعامنا. يساعدنا هذا في تحديد ما إذا كان صحيا أم غير صحي على سبيل المثال، إذا رأينا أن هناك الكثير من السعرات الحرارية وليس الكثير من الفيتامينات، فيمكننا أن نقرر اختيار شيء آخر. هذه بعض الكلمات التي ستجدها على عبوة الطعام

serving how much you eat at one time — مقدار ما تأكله في المرة الواحدة

calories the amount of energy in food — كمية الطاقة في الطعام

sodium this is a mineral; we need enough of it, but we shouldn't have too much. The salt we get in food is sodium mixed with other things. We shouldn't eat food with too much salt in.

هو معدن نحتاج ما يكفي منه، لكن لا ينبغي أن نتناول الكثير منه.

صوديوم ممزوج بأشياء أخرى. لا ينبغي أن نأكل الطعام الذي به كثير من الملح.

enough the right amount — الكمية المناسبة

too much more than we need — أكثر مما نحتاجه

percent when we see something like 50%, it means that this food gives us 50%, or half of the amount of that vitamin or mineral that our bodies need every day.

عندما نرى شيء ما مثل ٥٠٪ هذا يعني أن هذا الطعام يعطينا

نحتاجه أجسامنا كل يوم.

Serving size	30 grams	Sodium	0.3 grams
Energy	115 calories	Fiber	0.6 grams
Fat	0.4 grams	Protein	2.1 grams
Carbohydrate	26 grams	Vitamin C	50% (percent)
Sugar	2.4 grams	Vitamin D	50% (percent)

Listen and read.

1. We measure energy in calories. — نقيس الطاقة بالسعرات الحرارية.
2. We use percent (%) to measure a nutrient. — نستخدم النسبة المئوية لقياس العنصر الغذائي.
3. If we know how much we need of a nutrient each day, we can look at what percent, or grams, this food gives us.

إذا عرفنا كمية العناصر الغذائية التي نحتاجها كل يوم، نستطيع أن ننظر إلى النسبة المئوية أو الجرامات، التي تعطينا تلك الأطعمة.



1 Choose the correct word(s).

1. Food (back - packaging - serving) can tell us what is in our food.
2. There are a lot of (salt - vitamins - calories) in cakes.
3. (Too much - Enough - Serving) means the right amount.
4. We use (percent - sodium - calories) to measure a nutrient.
5. We measure energy in (grams - calories - kilo).
6. We need enough (sodium - sugar - salt). It's a mineral.

2 Read and match.

1. serving	a) more than we need
2. calories	b) a mineral we need
3. sodium	c) the right amount
4. enough	d) the amount of energy in food
5. too much	e) how much you eat at one time

1- (   )   2- (   )   3- (   )   4- (   )   5-

3 Read and rearrange the words to make correct sentences.

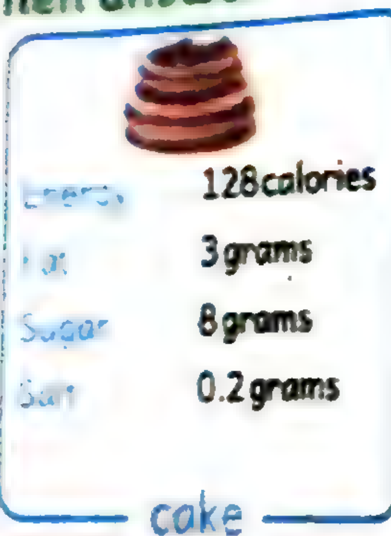
1. shouldn't - eat - We - salt - too much - .
2. fiber - How much - do - need - children - a day - ?

Choosing a healthy snack

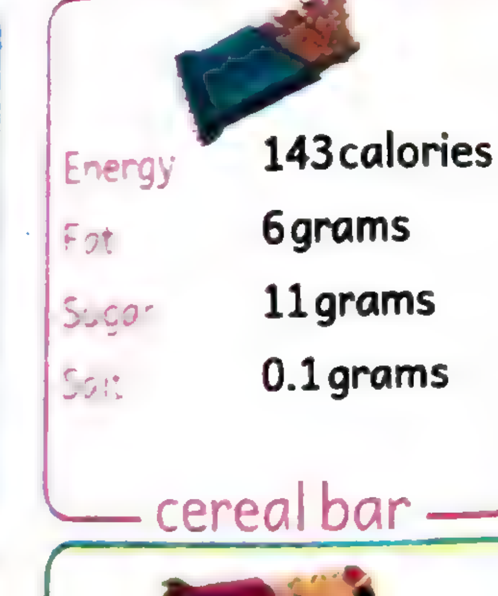
Listen and read.



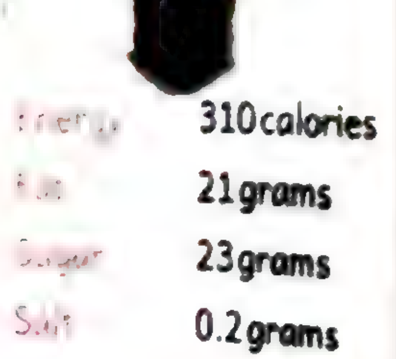
...hen answer.



cake	
Energy	128 calories
Fat	3 grams
Sugar	8 grams
Salt	0.2 grams



cereal bar	
Energy	143 calories
Fat	6 grams
Sugar	11 grams
Salt	0.1 grams



chocolate brownie	
Energy	310 calories
Fat	21 grams
Sugar	23 grams
Salt	0.2 grams



dried fruit bar	
Energy	68 calories
Fat	1.2 grams
Sugar	7 grams
Salt	0.1 grams

...snack has the most calories?

...snack has the most fat?

...snack has the most sugar?

Help your child listen and read.

Tip:

There is sugar in fruit, so it tastes sweet. Natural sugar in fruit is better for you than sugar in cakes and candies.

يوجد سكر في الفاكهة لذلك هي حلوة المذاق. السكر الطبيعي في الفاكهة مفيد لك أكثر من السكر الموجود في الكعك والحلويات.

Look and read.

Which snack is your favorite?

أي وجبة خفيفة هي المفضلة لديك؟

I like cereal bars.

أنا أحب قطع الحلوى من الحبوب.



So do I! And I like dried fruit bars too.

و أنا كذلك و أحب قطع الفاكهة المجففة أيضا.



Which snack has 0.2 grams of salt?

أي وجبة خفيفة تحتوي على ٠,٢ جراما من الملح؟



Cake.

Help your child ask and answer.

ساعد طفلك أن يسأل ويجيب

Activities

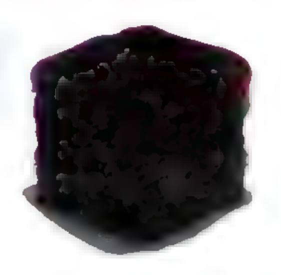
1 Look and complete.



c _ k _



cer _ al b _ r



choc _ la _ e



dr _ ed fr



2 Choose the correct word(s).

1. I like (hydrated - dehydrated - dried) fruit bars.
2. I like chocolate (brown - brownie - calories).
3. I like cereal (bars - cakes - calories).

3 Read and match.

1. Which snack is	a) sugar in fruit.
2. There is natural	b) has the most sugar.
3. Chocolate brownie	c) your favorite?
4. I like	d) dried fruit bars.

1-( ) 2-( ) 3-( ) 4-( )

4 Read and rearrange the words to make correct sentences.

1. favorite - snack - Which - your - is - ?

2. bars - I - cereal - like - .

3. fruit - dried - I - bars - like - .

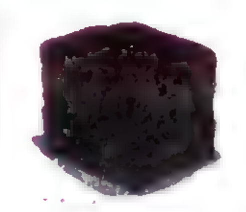
Help your child deal with such questions.

5 Look and write a sentence under each picture.



favorite - snack

....



like - chocolate brownie

....

6 Look and answer the questions below.

Cake	Cereal bar	Chocolate brownie	Dried fruit bar
Energy: 128calories	Energy: 143calories	Energy: 310calories	Energy: 68calories
Fat : 3grams	Fat : 6grams	Fat : 21grams	Fat : 1.2grams
Sugar: 8grams	Sugar: 11grams	Sugar: 23grams	Sugar: 7grams
Salt : 0.2grams	Salt : 0.1grams	Salt : 0.2grams	Salt : 0.1grams

cake  cereal bar  chocolate brownie  dried fruit bar 

A) Choose the correct answer.

1. The (cake - cereal bar - chocolate brownie) has the most sugar.
2. The dried fruit bar has (68 - 1.2 - 7) calories.

B) Answer the following questions.

3. Which snack has the most fat?

....

4. Which snack has the most sugar?

....



Learn Sounds with Busy Bee!



tion
/ʃn/

Listen and repeat.

The letters (tion) make the sound /ʃn/.



nutrition



digestion
تهضم



fiction
قصة / خيال



pollution
التلوث



fire station
محطة إطفاء

Look and read.



The firefighters at the fire station need good nutrition.
رجال الإطفاء في محطة الإطفاء يحتاجون إلى تغذية جيدة



All this pollution is bad for my digestion!
كل هذا التلوث صار بصحة الهضم ...

I have a new book. It isn't fiction. It's about nutrition and digestion!

لدي كتاب جديد. إنه ليس قصة ... عن التغذية والهضم



Activities

1 Look and complete.





digest___



fire sta____



pollu____



nutrit___

2 Look at the pictures and unscramble the letters.

u r t
n i n t
i o



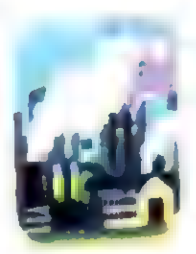
o i e
t d g s
i n



i o i f
c t n



o u l p l
i t o n



e i f r t t
s a i o n



3 Look and complete with:

pollution - fire station



They are at the ______________.



There is a lot of ______________.

Help your child deal with such questions.
ساعد طفلك في التعامل مع مثل هذه الأسئلة



Listen, point and say.



fire
نار

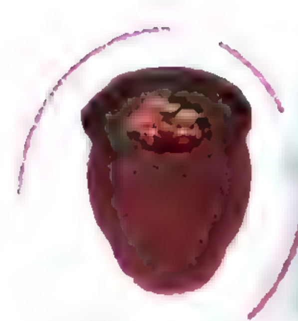


can
علبة معدنية



salt
ملح





zeer pot
زير (وعاء من الفخار)

drying
التجفيف



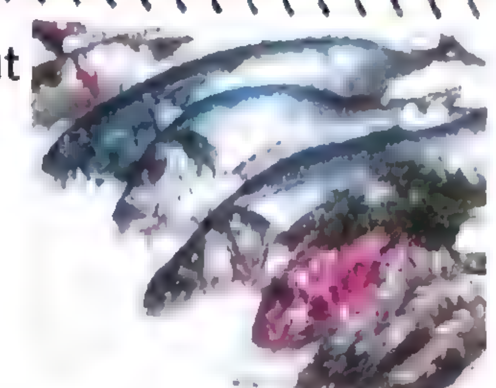
jar
برطمان



container
وعاء/حاوية

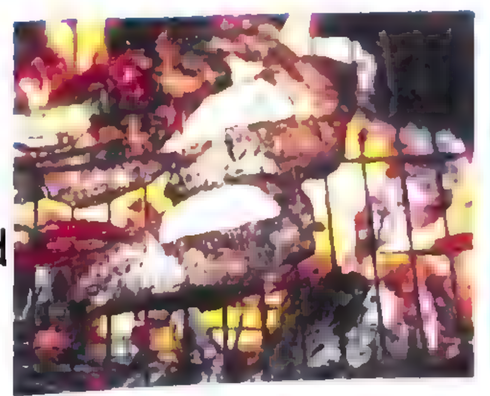
Help your child identify these words.

Look and read.



It's important to eat the right food, but it's also important to look after food to keep it fresh and safe. We need to preserve and store food. If we don't store food properly, it can go bad, and this makes us sick. Now, we can use fridges and freezers to store food. These need electricity to work. How can we preserve food if we don't have electricity? And how did people preserve food in the past?

من المهم تناول الطعام المناسب، ولكن من المهم أيضا أن نعتني بالطعام للحفاظ عليه طازج وامن. نحتاج أن نحافظ على الطعام ونخزنه. إذا لم نخزن الطعام بشكل مناسب فإنه قد يفسد وهذا يجعلنا نمرض. الان يمكننا استخدام الثلاجات وأجهزة التجميد لتخزين الطعام. هذه الأجهزة تحتاج الكهرباء لكي تعمل. كيف نستطيع حفظ الطعام إذا لم يوجد لدينا كهرباء؟ وكيف كان الناس يخزنون الطعام في الماضي؟



1- Fire: People used fire to make smoked meat and fish. We used this a long time ago, and we still use it now.

١- النار: استخدم الناس النار لصنع اللحوم والأسماك المدخنة. استخدمنا ذلك لفترة طويلة ومازلنا نستخدمه حتى الآن.

2- Salt: We can add salt to food to preserve it. It takes out the water. People use this all over the world for meat and fish.

ملح: يمكننا أن نضيف الملح للطعام لنحافظ عليه. إنه يمتص الماء. يستخدم الناس هذا في جميع أنحاء العالم للحوم والأسماك.

3- Drying: We can dry fruit in the sun. Dried apples, figs, grapes, bananas and mangoes are all delicious. When we dry fruit, it takes out the water and keeps the nutrients. The fruit is sweet and delicious, and it's healthy because we don't add sugar.

التجفيف: يمكننا تجفيف الفاكهة في الشمس. التفاح المجفف والتين والعنب والموز والمانجو كلها لذيذة. عندما نجفف الفاكهة، فإنها تمتص الماء وتحافظ على العناصر الغذائية. الفاكهة حلوة ولذيذة، وصحية لأننا لا نضيف السكر.

4- Containers: There are different ways of storing food in containers.

الأوعية / الحاويات: يوجد طرق مختلفة لتخزين الطعام في الأوعية.

Zeer pots: Thousands of years ago, people invented zeer pots to keep food fresh. The food is inside one ceramic pot. This pot is put inside a bigger ceramic pot. You put sand between the two pots, then put water in the sand. The water takes the heat away and the food stays cool.

أواني الزير: منذ آلاف السنين، اخترع الناس أواني الزير للحفاظ على الطعام طازجا. يكون الطعام داخل وعاء خزفي واحد. يتم وضع هذا الإناء داخل وعاء خزفي أكبر. تضع الرمال بين الإنائين. ثم تضع الماء في الرمال. يزيل الماء الحرارة ويبقى الطعام باردًا.

- Cans and jars: People also use cans and jars to preserve food. You put the food in a liquid with salt, and close the can. No air gets into the jar or can, and the food lasts for years.



العلب والبرطمانات: يستخدم الناس أيضًا العلب والبرطمانات لحفظ الطعام. تضع الطعام في سائل مع الملح، وتغلق العلبة. لا يدخل الهواء إلى البرطمان أو العلبة، ويبقى الطعام لسنوات.

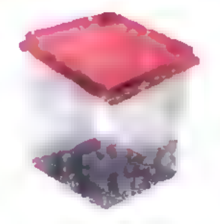
Help your child look and read.
ساعد طفلك أن ينظر ويقرأ

Activities

1 Look and complete.




f _ r _



c _ nt _ iner

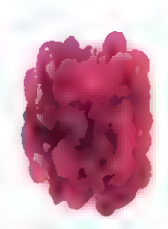


c _ n



j _ r

2 Look at the pictures and unscramble the letters.

l	s		r	i	d		e r e z	
t	a		g	n	y		o p t	

3 Choose the correct word(s).

1. We need to (preserve - dry - heat) food in the fridge.
2. People use (drying - fire - electricity) to make smoked meat and fish.
3. We can add (water - salt - nutrient) to food to preserve it.
4. There are different ways of storing food in (electricity - fictions - containers).
5. Thousands of years ago, people invented (zeer pots - fridges - cans) to keep food fresh.
6. We can (use - dry - add) food in the sun.
7. People use (pollution - cans - nutrition) to preserve food.
8. We can keep food in (digestion - jars - fire).
9. If we don't have (water - electricity - oil), we can't keep food in fridges and freezers.
10. We can store food in (cans - cars - water).

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

4 Read and match.

1. We add salt to food
2. If we don't store food properly,
3. We need to preserve food
4. Fridges

a) it can go bad.
b) need electricity to work.
c) to take out the water.
d) to keep it fresh and safe.

1-(   )   2-(   )   3-(   )   4-(   )

5 Read and rearrange the words to make correct sentences.

1. food - It - important - the right - is - to eat - .

....

2. food - People - preserve - use - jars - to - .

....

3. can - the sun - We - fruit - dry - in - .

....

6 Read the passage then answer the questions.

It's important to eat the right food, but it's also important to look after food to keep it fresh and safe. We need to preserve and store food. If we don't store food properly, it can go bad and this makes us sick. Now, we can use fridges and freezers to store food. These need electricity to work.

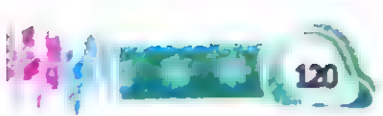
A) Choose the correct answer.

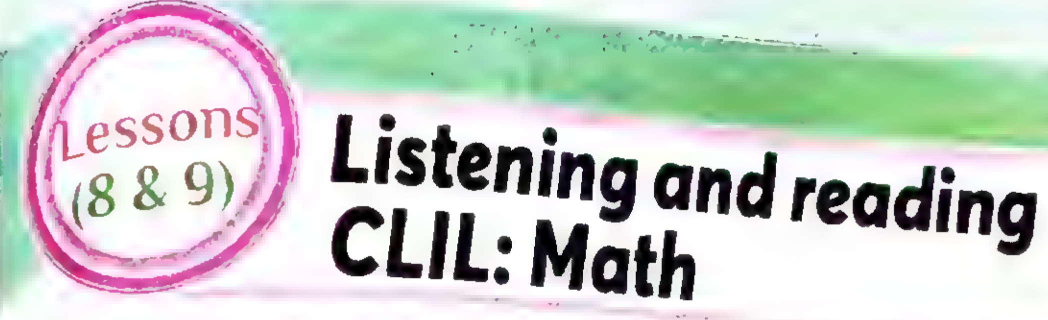
1. We can use (freezers - TVs - computers) to store food.
2. If we don't keep food properly, it makes us (fresh - sick - safe).

B) Answer the following questions.

3. What do fridges need to work?

4. Why is it important to look after food?



Listening and reading
CLIL: Math

Look and read.

Sugar

What is your favorite snack? There are lots of things we can choose from. Sometimes it's easy to take a cookie or a candy , but they have a lot of sugar in them. Why is eating sugar bad for us?

ما هي وجبتك الخفيفة المفضلة؟ هناك الكثير من الأشياء التي يمكننا الاختيار من بينها. أحيانًا يكون من السهل أن تأخذ قطعة من كعكة محلاة أو من الحلوى، ولكنها تحتوي على الكثير من السكر. لماذا يُعد تناول السكر مضر بالنسبة لنا؟



Sugar is bad for our teeth. Eating too much sugar damages our teeth.
Do you like going to the dentist ?

السكر مضر بأسناننا. تناول الكثير من السكر يدمر أسناننا. هل تحب الذهاب إلى طبيب الأسنان؟



Sugar is bad for our heart too. It stops our arteries working as well as they should. Over a long time, this can damage our heart.

السكر مضر بقلبنا أيضا. إنه يوقف الشرايين عن العمل كما ينبغي. مع مرور الوقت، يمكن لهذا أن يدمر قلبنا.



Sugar gives us energy, but it isn't a good kind. When we get energy from carbohydrates, that energy lastsa long time. When we get energy from sugar, we lose it quickly. Then our body wants more sugar.

يمنحنا السكر الطاقة، لكنها ليست من النوع الجيد. عندما نحصل على الطاقة من الك[illegible] الطاقة تستمر لفترة طويلة. عندما نحصل على الطاقة من السكر، نفقدها بسرعة. بعد ذ[illegible] من السكر.



Sugar can affectour brains. If we have too much sugar, our brains get a lot of energy quickly. This can make our brain confused. We can feel worriedand anxious. Sugar can be bad for our mood.

يمكن أن يؤثر السكر على مخنا. إذا تناولنا الكثير من السكر، فإن أجهزة المخ لدينا تحصل على الكثير من الط[illegible] بسرعة. هذا يمكن أن يجعل المخ مرتبك. ويمكن أن نشعر بالقلق والتوتر. يمكن أن يكون السكر ضارًا بحالتنا مزاجية.



Look and read.

Children shouldn't have more than 25 grams of sugar a day. 25 grams is about six teaspoons. One teaspoon has four grams of sugar.



يجب ألا يتناول الأطفال أكثر من ٢٥ جرام من السكر يوميًا. ٢٥ جرام تساوى تقريبًا ٦ ملاعق صغيرة. تحتوى الملعقة الصغيرة على ٤ جرامات من السكر.

Tip:

There is natural sugar in fruit. This is better than sugar that is added to food such as cakes and candies.

يوجد سكر طبيعي في الفاكهة وهو أفضل من السكر الذي يضاف إلى الطعام مثل الكيك والحلوى.

Complete the table. Then answer the questions.

1 teaspoon = 4 grams

Snack	Sugar grams	Sugar teaspoons
orange	14	3.5
fruit yogurt	12	....
plain yogurt	....	1
cereal bar	6	
one cookie	8	

1. How many teaspoons of sugar are there in 1 orange, 1 plain yogurt and 1 cookie?
   .... + ... + ... = ...
2. How many grams of sugar are there in 3 cookies, 1 fruit yogurt and 1 cereal bar?
   .... + ... + ... = ...

...der from lowest to highest.



1 Choose the correct word(s).

1) (Milk - Sugar - Meat) is bad for our teeth.
2) Eating too much sugar (helps - damages - stops) our teeth.
3) Sugar stops our (arteries - knees - elbows) working well.
4) We can feel (worried - happy - fine) and anxious.
5) Sugar gives us (electricity - energy - water).
6) Sugar can be bad for our (knees - mood - skin).
7) Sugar can affect our (brains - legs - fingers).
8) One (zeer pot - teaspoon - jar) has four grams of sugar.
9) There is natural sugar in (candies - sweets - fruit).
10) Cakes and candies have (salt - electricity - sugar).

2 Read and match.

1) What's your favourite snack?	a) our brains.
2) Eating too much sugar	b) about six teaspoons.
3) Sugar can affect	c) damages our teeth.
4) 25 grams of sugar is	d) Cookies.

1- (   ) 2- (   ) 3- (   ) 4- (   )

3 Read and rearrange the words to make correct sentences.

1) sugar - decided - eat - I - to - less - .
2) natural - There - sugar - is - fruit - in - .
3) bad for - Sugar - our - is - teeth - .



Help your child deal with such questions.

4 Read the passage then answer the questions.

I decided to eat less sugar. I look carefully at the snacks I choose. Now I have plain yogurt, and I don't drink chocolate milk. I drink more water and I eat fruit. I still enjoy sweet snacks, like chocolate cookies, but I don't eat them every day. I have more energy, and I sleep better at night. I'm happy!

A) Choose the correct answer.

1. I have (sweet - plain - salty) yogurt.
2. I (enjoy - drink - decide) sweet snacks, but I don't eat them every day.

B) Answer the following questions.

3. When do you sleep better?

....

4. What did you decide to eat?

....

5 Look and write a sentence under each picture.



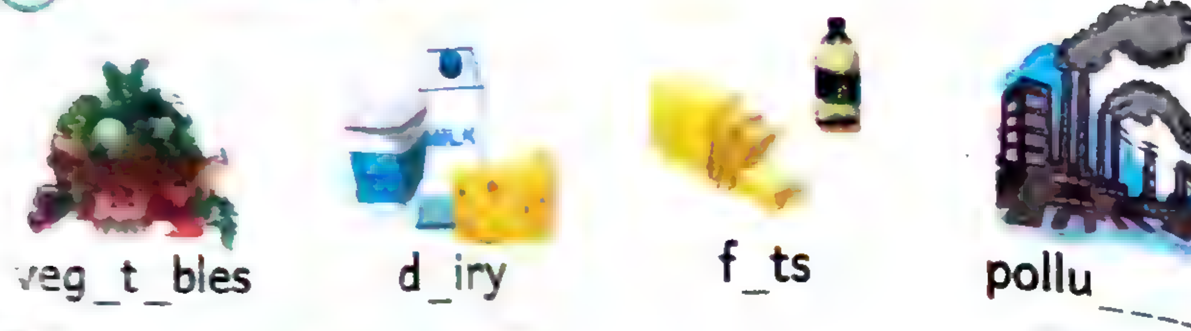
sugar - energy



sugar - natural - fruit

Activities on Unit (3)

1 Look and complete.



veg _ t _ bles   d _ iry   f _ ts   pollu ______

2 Fill in the spaces with.

much - healthy - should - sugar

Heba : Do you eat .... (1) .... food?
Samy : Yes. We .... (2) .... always do this.
Heba : What about .... (3) .... ?
Samy : You shouldn't eat too .... (4) .... sugar. It's bad

3 Choose the correct word(s).

1. We (should - shouldn't - does) eat fruit every day.
2. We (shouldn't - should - does) eat a lot of cookies.
3. Fruit is (bad - healthy - hot)!
4. (Fiber - Fat - Calcium) is good for our bones.
5. You should (eat - eats - eating) a healthy lunch.

4 Read the passage then answer the questions.

It's important to get a balance of the right kinds of food. Our bodies need lots of different nutrients, including vitamins and minerals, to work well and be healthy.

A) Choose the correct answer.

1. Our bodies need different (plates - ways - nutrients) to work well

 Help your child deal with such questions.

2 It is important to get a (balance - teaspoon - place) of the right kinds of food.

B) Answer the following questions.

3 What do nutrients include?

....

3 Why do we need different nutrients?

....

5 Look and write a sentence under each picture.



should- eat



sugar- bad - teeth

....

6 Copy the following sentence.

You should stay healthy.

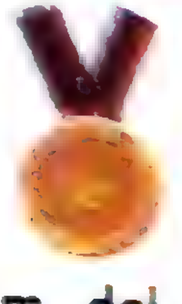
....

....



Activities on Review (1)

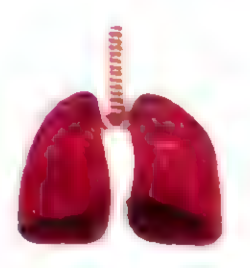
1 Look and complete.




m _dal



p _ll _tion



l _ngs



f _ _d

2 Look at the pictures and unscramble the letters.

e r
t a





l t e
a t e
h





l u s
k l



3 Fill in the spaces with.

bodies - balanced - should - exercise

Amal : Do you do (1) .... every day?

Sara : Yes. It's important and good for our (2) ....

Amal : What (3) .... I eat to stay healthy?

Sara : You should eat (4) .... diet.

4 Choose the correct word(s).

1. You (should - shouldn't - does) wear a helmet when you ride a bike.
2. Will it (is - are - be) a good competition?
3. The (heart - lungs - skeleton) moves blood around the body.
4. Our (lungs - skull - tongue) protects our brain and our eyes.
5. We break down food in our (saliva - skin - stomach).

Help your child deal with such questions.
مع مثل هذه الأسئلة



5 Read and match.

The stomach acid
Our skin protects us from
Blood carries oxygen and
We use muscles when

a) nutrients around the body.
b) we chew food.
c) the sun, dirt and germs.
d) breaks down food in our stomach.

1-( ) 2-( ) 3-( ) 4-( )

6 Read the passage then answer the questions.

What is your favorite snack? There are lots of things we can choose from. Sometimes it's easy to take a cookie or a candy, but they have a lot of sugar in them. Sugar is bad for our teeth. Eating too much sugar damages our teeth. Sugar is bad for our heart too. It stops our arteries working as well as they should. Over a long time, this can damage our heart.

A) Choose the correct answer.

1. Cookies and candies are (snakes - snacks - meals).
2. Sugar can damage the (bones - muscle - heart).

B) Answer the following questions.

1. Is sugar bad for our teeth?
2. What can sugar do with arteries?

7 Copy the following sentence.

I do exercise every day.

....



Non-fiction Reader: Hospitals

doctor

nurse

surgeon
طبيب جرّاح

People in a hospital

cook

carer
موظف الرعاية

porter

cleaner
عامل نظافة

receptionist
موظف الاستقبال

Help your child identify these jobs.

Look and read.

Who works in a hospital?





Doctors can find out why you are sick. They know what medicine you need to take and what you need to do to get better.
Nurses can look after you. They give you the right medicine and help you get better.

يمكن للأطباء معرفة سبب مرضك. إنهم يعرفون الدواء الذي تحتاج إلى تناوله وما عليك القيام به لتتحسن.
يمكن للممرضات الاعتناء بك. يعطونك الدواء المناسب ويساعدونك على التحسن.

If you are very sick, sometimes you need an operation.
A surgeon can do an operation.

إذا كنت مريضًا جدًا تحتاج أحيانًا إلى إجراء عملية جراحية. يمكن للجراح أن يقوم بإجراء عملية جراحية.

A hospital has to be very clean all the time, so it is important to have cleaners.

يجب أن تكون المستشفى نظيفة طوال الوقت، لذلك من المهم أن يكون لديهم عمال نظافة.

The receptionist organizes the appointments. They know what time you need to see the doctor.

موظف الاستقبال ينظم المواعيد. إنهم يعرفون الوقت الذي تحتاجه لرؤية الطبيب.

The patient is the person who is sick.

المريض هو الشخص الذي يشعر بعلة.

A carer looks after someone who is sick for a long time.
People sometimes need extra help to do things.

يعتني موظف الرعاية بشخص مريض لفترة طويلة. يحتاج الناس أحيانًا إلى مساعدة إضافية للقيام بالأشياء.



A porter can help you move around the hospital if you can't walk on your own.

يمكن أن يساعدك الحمال في التنقل في المستشفى إذا كنت لا تستطيع المشي بمفردك.

People need healthy food in hospitals, so the cooks in the kitchens are important too. They have to think about nutrition and give the patients a balanced diet.

يحتاج الناس إلى طعام صحي في المستشفيات، لذا فإن الطهاة في المطابخ مهمون أيضا. يجب عليهم التفكير في التغذية وإعطاء المرضى وجبة غذائية متوازنة.



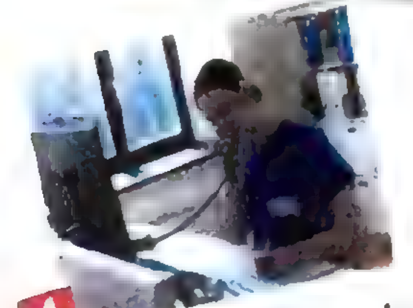
1 Doctors can find out why you are sick.



2 Nurses can gave you medicine.



3 Cleaners are very important!



4 A receptionist organizes your appointment.

5 A porter can help a patient move around the hospital.



6 A surgeon does an operation.




7 Carers look after people.



8 The cooks prepare healthy food.

Look and read.

What happens when you go to hospital?

ما الذي يحدث عندما تذهب للمستشفى؟



A doctor or nurse sometimes takes your temperature. If you are ill, you can be too hot or too cold. They use a thermometer to find out what your body temperature is.

يقوم الطبيب أو الممرضة أحيانا بقياس درجة حرارتك. إذا كنت مريضا، فقد تكون درجة حرارتك مرتفعة أو شديدة البرودة. يستخدمون مقياس حرارة لمعرفة درجة حرارة جسمك.



A doctor or nurse can measure your blood pressure, too. This shows how well your heart is pumping blood around your arteries. This can help them find out how healthy you are.

يمكن للطبيب أو الممرضة قياس ضغط الدم أيضا. يوضح هذا مدى جودة ضخ قلبك للدم حول الشرايين. يمكن أن يساعدهم ذلك في معرفة مدى صحتك.



You can have an X-ray to find out if a bone is broken.

يمكنك إجراء أشعة سينية لمعرفة إذا كان هناك عظمة مكسورة.



If you have an accident and break a bone, you can have a cast put on your arm or leg. You have to wear it for about six weeks!

إذا تعرضت لحادث وكسرت عظمة، فيمكنك وضع جبيرة على ذراعك أو ساقك. عليك أن ترتديه لمدة ستة أسابيع.

If you injure a muscle, a nurse can put a bandage on. This will support your arm or leg so your muscle can get better.

إذا أصيبت إحدى العضلات، يمكن للممرضة وضع ضمادة عليها. سوف يدعم ويحمي ذلك ذراعك أو ساقك لكي يمكن أن تتحسن عضلاتك.

The world around me

(Taking care of our world)



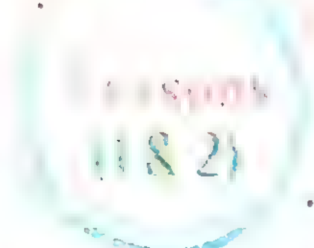
Unit 4



في البرية

Scope and Sequence:

Vocabulary	مفردات لغوية	Animals: cheetah, chimpanzee, cobra, fennec fox, macaw, sea lion, sloth, spider monkey; crayfish, goose, mole, squirrel build nests, chase, dig burrows, gather, hide, hunt, live in holes, take shelter desert, equator, grassland, North Pole, polar, rainforest, South Pole, swamp, temperate, tropical, wetland
Language		-It might ... in Africa -It ... grass
Reading		A text about animal behavior; a text about rainforests, a text about changes in habitats
Phonics	الصوتيات	camp, swamp; grassland, wetland; hunt, tent
Life skills	المهارات الحياتية	comparing the pros and cons of a topic
Values	القيم	-Compassion -Participation
Issues and challenges		-Awareness of rights and duties -Environmental responsibility
Integrated cross curriculum topics	تكامل عبر موضوعات المنهج	- analysis of maps, different landscapes and climates - reacting to change, pros and cons of human activity in landscape, natural disasters



Vocabulary

Listen, point and say.

Wild animals



sloth
دب كسلان



fennec fox
ثعلب فنك



squirrel
سنجاب



mole
حيوان الخلد



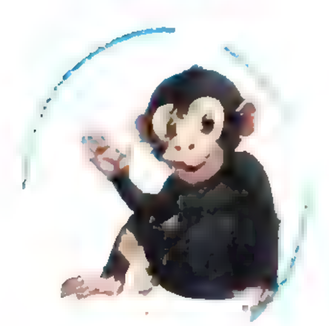
spider monkey
قرد عنكبوت



cheetah
الفهد الصياد



macaw
المكاو (ببغاء أمريكي)



chimpanzee
شمبانزي



cobra
ثعبان الكبرى



lion
أسد



Help your child identify wild animals.
ساعد طفلك أن يتعرف على الحيوانات البرية.

Birds





owl
بومة



Egyptian goose
إوزة مصرية

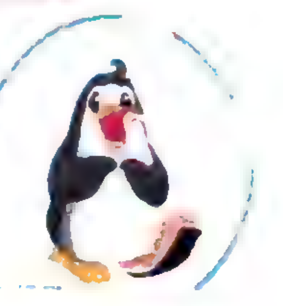
Sea animals



crayfish
جراد البحر (سلطعون)



turtle
سلحفاة مائية



penguin
البطريق

Animal behavior

سلوك الحيوانات



take shelter
يتخذ مأوى



gather
يتجمع



hide
يختبئ



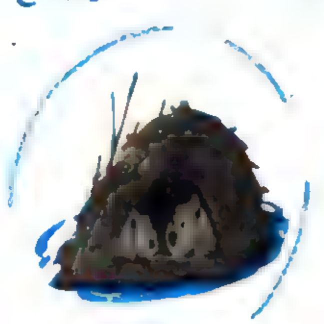
hunt
يصطاد



chase
يطارد



build a nest
يبني عشا



use sticks
يستخدم العصي



dig burrows
يحفر الجحور



live in holes
يعيش في حفر

Help your child identify animal behavior.
ساعد طفلك أن يتعرف على سلوك الحيوانات.



Look, listen and say.

It was great at the wildlife park yesterday, wasn't it?

I thought the sloth was great! It moved very slowly.

Yes, it was. I loved seeing the chimpanzees.

Let's look on the wildlife park webcam. We might see it again!

دعنا نلقي نظرة على كاميرا الويب الخاصة بحديقة الحياة البرية. قد نراه مرة أخرى!

Yes, that's a great idea!

نعم، هذه فكرة رائعة!

Vocabulary

keep warm	يبقى دافئا	behave	يتصرف	ground	أرض
close to	قريب من	habitat	موطن / بيئة	hide	يختبئ
leaves	أوراق الشجر	protect	يحمي	safe	آمن

Listen and read.



When we visit a wildlife park, we can learn how animals behave by watching what they do. In wildlife parks, animals live in places, which are close to their natural habitat. But how do animals behave in the wild?

عندما نزور حديقة الحياة البرية، يمكننا أن نتعلم كيف تتصرف الحيوانات من خلال مشاهدة ما تفعله. تعيش الحيوانات في حدائق الحياة البرية في أماكن قريبة من بيئتها الطبيعية. لكن كيف تتصرف الحيوانات في البرية؟

Animals live in habitats where they can get food and water, and live safely. Animals take shelter so they can stay warm, be safe from other animals, and protect their families.

تعيش الحيوانات في مواطن حيث يمكنها الحصول على الطعام والماء والعيش بأمان فيها. فتلجأ الحيوانات للمأوى حتى تبقى دافئة، وتكون في مأمن من الحيوانات الأخرى، وتحمي عائلاتها.



Lots of birds build nests in trees. They use grass, sticks and leaves.

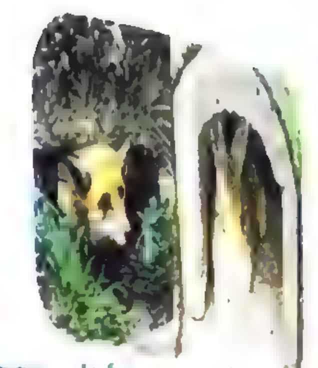
تبني كثير من الطيور أعشاش في الأشجار. يستخدمون الحشائش و العصى، وأوراق الأشجار.



Other birds such as owls live in holes in trees. They don't make holes. They find them.

تعيش طيور أخرى مثل البوم في فتحات في الأشجار. لا يقومون بصنع الفتحات، هم يجدونها.

Foxes and rabbits dig   in the ground. They can take shelter here. They dig in earth or sand.



تحفر الثعالب والأرانب جحوزا في الأرض. يمكنهم أن يتخذوا مأوى هنا. إنهم يحفرون في الأرض أو الرمال.

           live in rivers. They hide under rocks in the day time and come out to find food at night.



يعيش جراد البحر في الأنهار. و يختبئون تحت الصخور في النهار ويخرجون للبحث عن الطعام في الليل.

Lions and cheetahs   other animals to eat. Sometimes it's difficult to get food.



تصطاد الأسود والفهود الحيوانات الأخرى لتأكلها. أحيانا يكون من الصعب الحصول على الطعام.

Penguins gather in a large group, called a   , to keep warm. Thousands of penguins can live together!



تتجمع طيور البطريق في مجموعة كبيرة، تُسمى مستعمرة، لتبقى دافئة. يمكن أن يعيش الآف من طيور البطريق معًا!

Help your child listen and read. ساعد طفلك أن يستمع ويقرأ.

Look and read.



The cheetah is the animal in the world.

الفهد الصياد أسرع حيوان في العالم.



The sloth moves very slowly.

يتحرك دُب الكسلان ببطء شديد.



The macaw is a very bird.

المكاو (الببغاء الأمريكي) طائر ملون جدًا.



The cobra is a dangerous snake.

يعتبر الكوبرا ثعبان خطير.



The sea lion lives in the but it isn't a fish.

يعيش أسد البحر في المياه ولكنه لا يعتبر سمكة.



The chimpanzee is big. It lives in the .
It doesn't have a .

الشمبانزي كبير. يعيش في الغابة. وليس له ذيل.

...e fennec fox lives in the desert. It has big ears.

يعيش ثعلب الفَنِك في الصحراء. وله أذن كبيرة.

The spider monkey is small. It lives in the forest.

...t has a tail.

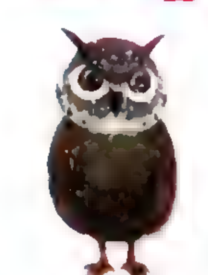
قرد العنكبوت صغير. ويعيش في الغابة. وله ذيل.

...e penguins live in a large group called a colony.



تعيش البطاريق في مجموعة كبيرة تسمى مستعمرة.

The owl lives in a hole in a tree.



تعيش البومة في حفرة في الشجرة.

Crayfish take shelter under rocks in rivers.



جراد البحر (السلطعون) يحتمي تحت الصخور في الأنهار.

Lions and cheetahs hunt other animals to eat.



تصطاد الأسود والفهود حيوانات أخرى لتأكلها.

Turtles hide under rocks.





تختبئ السلاحف تحت الصخور.



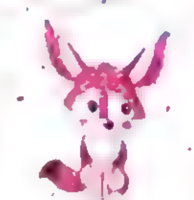
1 Look and complete.



che_ta_



chim_anze_



fe_ _ec f_x



m_ca_



se_ l_on



s_o_h



s_ider m_nkey



c_b_a

2 Look at the pictures and unscramble the letters.

o l i n



r i c y h s f a



r l t



e t u

w o l



n u n p g e i



u s q l



e i r r



3 Choose the correct word(s).

1. Lots of birds (build - swim - climb) nests in trees.
2. Penguins gather in a large group called a (nest - colony - burrow).
3. (Crayfish - Squirrels - Lions) live in rivers.
4. Lions and cheetahs (build - hunt - swim) other animals.
5. Rabbits and foxes (dig - hunt - climb) burrows.
6. Penguins live in a colony to keep (cold - calm - warm).
7. (Birds - Rabbits - Cheetahs) live in nests.
8. Animals take (homes - houses - shelter) to stay warm and be safe.
9. (Birds - Lions - Turtles) hide under rocks.
10. Penguins gather in large (teams - groups - nests).

4 Read and match.

1. A penguin	a. takes shelter under rocks in rivers.
2. An owl	b. hunt other animals to eat.
3. A crayfish	c. lives in a large group called a colony.
4. Lions and cheetahs	d. lives in a hole in a tree.

1-(   )   2-(   )   3-(   )   4-(   )

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

5 | Unscramble the following words to make correct sentences.

1. live - Penguins - together - a colony - in - .

2. foxes - Rabbits - burrows - dig - and - .

3. visited - park - I - a wildlife - .

6 | Read the passage then answer the questions.

When we visit a wildlife park, we can learn how animals behave by watching what they do. In wildlife parks, animals live in places which are close to their natural habitats. But how do animals behave in the wild? Animals live in habitats where they can get food and water, and live safely. Animals take shelter so they can stay warm, be safe from other animals, and protect their families.

A) Choose the correct answer.

1. In wildlife parks, we can learn how animals behave by (watching - hunting - climbing) them.

2. Animals live in places which are (far - close - away) to their natural habitats.

B) Answer the following questions.

1. How do animals live in habitats?

2. Why do animals take shelter?

7 Look and write a sentence under each picture.

1.



dig - burrows

2.



move - slowly

8 Fill in the spaces with:

gather - hide - nests - hunt

1. Lots of birds build .... in trees.
2. Penguins .... in a colony to keep warm.
3. Crayfish .... under rocks.
4. Lions and cheetahs .... other animals.

9 Read and complete.

rabbit - macaw - fox - birds

Dig a burrow	Build a nest
....	....
....	....

10 Copy the following sentence.

I love seeing the chimpanzees.

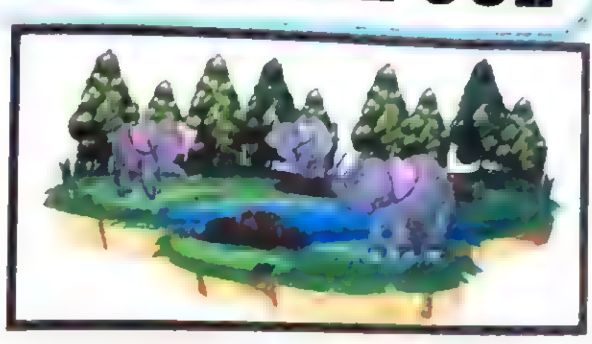
....

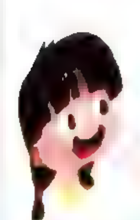
....

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Lesson (3)

LANGUAGE USE





Welcome to the Animal Show! Look! What do you know about this animal? What do elephants eat?

مرحبًا بكم في عرض الحيوانات! انظروا! ماذا تعرف عن هذا الحيوان؟ ماذا تأكل الأفيال؟

Hmm. They're very big, but I don't think they eat meat. I think they might eat grass.

هممم! إنها كبيرة جدًا، لكن لا أعتقد أنهم يأكلون اللحوم. أعتقد أنهم ربما يأكلون الحشائش.



Correct! OK, next. Is the elephant the biggest animal in the world?

صحيح! حسنًا، التالي. هل الفيل هو أكبر حيوان في العالم؟

Er, no. I don't think it is. I think blue whales might be the biggest animals in the world.

لا. لا أعتقد أنه كذلك. أعتقد أن الحيتان الزرقاء ربما تكون أكبر الحيوانات في العالم.



Correct again. Last question. Elephants can swim, true or false?

صحيح مرة أخرى. السؤال الأخير. يمكن للأفيال أن تسبح، صواب أم خطأ؟

Well, they don't live near the sea, so I think they might not be able to swim.

حسنًا، إنهم لا يعيشون بالقرب من البحر، لذلك أعتقد أنهم ربما لا يستطيعون السباحة.



That's incorrect - elephants can swim in rivers very well!

هذا غير صحيح - يمكن للفيلة السباحة في الأنهار بشكل جيد جدًا.

Help your child listen to the dialogue.

ساعد طفلك أن يستمع إلى المحادثة.

might / might not

Usage

الاستخدام

We use "might" when we are not sure of something.

نستخدم might عند عدم التأكد من شئ ما.

Affirmative

الإثبات

Subject + might + inf. ....

e.g. This animal might live in Africa.



Negative

النفي

Subject + might not + inf. ......

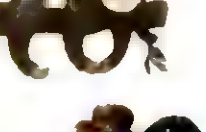
e.g. This animal might not be able to swim.



Look at the pictures and complete with:

might - might not

1. It .... be able to move fast.

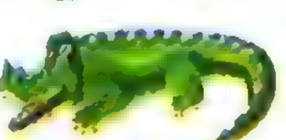


2. It lives in rivers. It .... take shelter under a rock.



3. It's a small bird. It .... live in a hole.

4. It lives in rivers. It .... eat fish.





1 Complete the following dialogue with:

might not - biggest - grass - whale

Sara : What do elephant eat?

Mazen : I think they might eat (1) ....

Sara : Is the elephant the (2) .... animal in the world?

Mazen : No. I think it might be the blue (3) ....

Sara : Can elephants swim?

Mazen : I think they (4) .... be able to swim.

2 Choose the correct word(s).

1. This animal might (live - lives - living) in Africa.
2. This animal might not (eat - eats - eating) grass.
3. Rabbits might (no - not - non) swim in rivers.
4. Elephants don't live near the sea, so I think they (might - might not - can) be able to swim.
5. I think turtles (might - have not - should) take shelter under rocks.

3 Unscramble the following words to make correct sentences.

1. live - Africa - Elephants - in - might - .

2. might - It - swim - not - able to - be - .

3. not - rivers - Elephants - swim - might - in - .



Lesson (1)

Reading
Understanding different habitats





desert
صحراء



polar habitat
البيئة القطبية



rainforest
غابة مطيرة



Habitats
البيئات الطبيعية



grassland
المراعي / أرض عشبية



wetland
أرض رطبة



Equator	an imaginary line all around the middle of the Earth	خط الاستواء
North Pole	the point at the farthest north of the world	قطب الشمالي
South Pole	the point at the farthest south of the world	قطب الجنوبي

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

Look and read.

A habitat is a place with a particular kind of climate and landscape. There are different habitats all over the world. They have different animals, plants, and non-living things.

الموطن هو مكان به نوع خاص من المناخ والمناظر الطبيعية. هناك مواطن مختلفة في جميع أنحاء العالم. وبها حيوانات ونباتات وكائنات غير حية مختلفة.

Compare these three habitats: قارن هذه المواطن الثلاثة



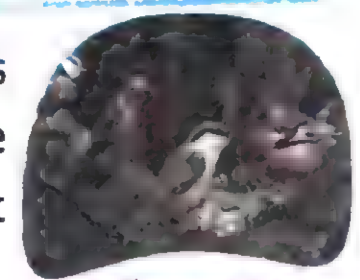
polar

In a polar habitat, there is snow and ice, and everything looks white. There aren't any trees, and the plants are small. Animals can take shelter in burrows.

في البيئة القطبية، يوجد ثلوج وجليد ويبدو كل شئ أبيض. لا توجد أى أشجار، والنباتات صغيرة. يمكن للحيوانات أن تتخذ مأوى في الجحور.

There are rainforests in warm, tropical parts of the world. Lots of animals here live in the trees and they eat leaves and fruit. It is hot and wet, and the trees grow lots of fruit.

توجد غابات مطيرة في الأجزاء الاستوائية الدافئة من العالم. يعيش الكثير من الحيوانات هنا في الأشجار ويأكلون أوراق الأشجار والفاكهة. يكون الجو حارا ورطبا وتثمر الأشجار الكثير من الفاكهة.



rainforests

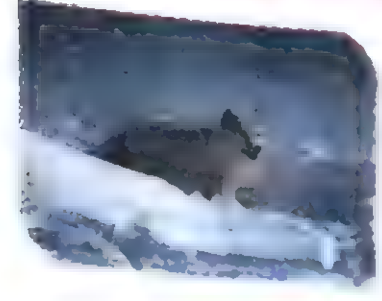
wetland

A wetland can be wet all the time. Wetlands can be near the sea or near a river. A swamp is a wetland where there are lots of trees. The tree roots can be in the water and animals hide in them.

يمكن للأرض الرطبة ان تكون رطبة طوال الوقت. يمكن أن تكون الأراضي الرطبة بالقرب من البحر أو بالقرب من النهر. المستنقع هو عبارة عن أرض رطبة حيث يوجد الكثير من الأشجار. يمكن أن تكون جذور الشجرة في الماء وتختبئ الحيوانات فيها.

Help your child read about different habitats.
ساعد طفلك أن يقرأ عن المواطن المختلفة.

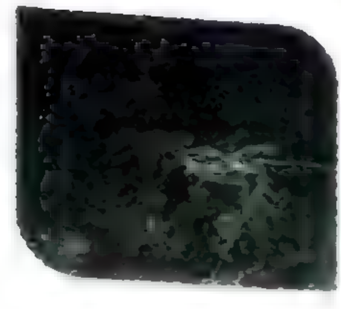
Look and read.



An arctic fox is white. It digs burrows in the ground. It lives in a polar habitat.

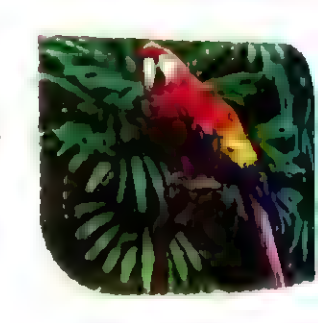
A spider monkey eats fruit and lives in trees. It lives in a rainforest habitat.

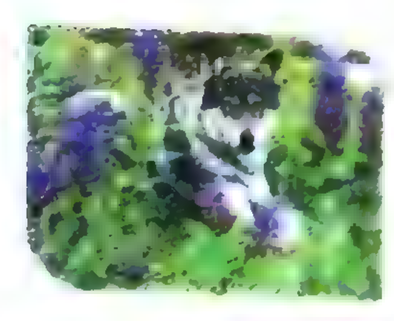




Crayfish often live in dark, warm water and take shelter in tree roots. They live in a wetland habitat.

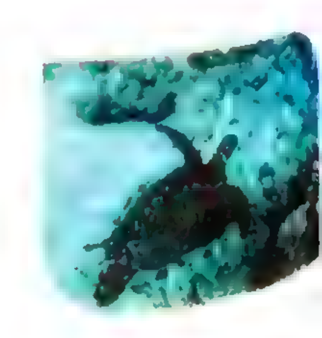
Macaws have beautiful colored feathers. They eat fruit and leaves. They live in a rainforest habitat.





Wolves have light colored fur. They eat rabbits and other animals. They live in a grassland habitat.

Turtles eat plants and animals in the water and on land. They live in a wetland habitat.

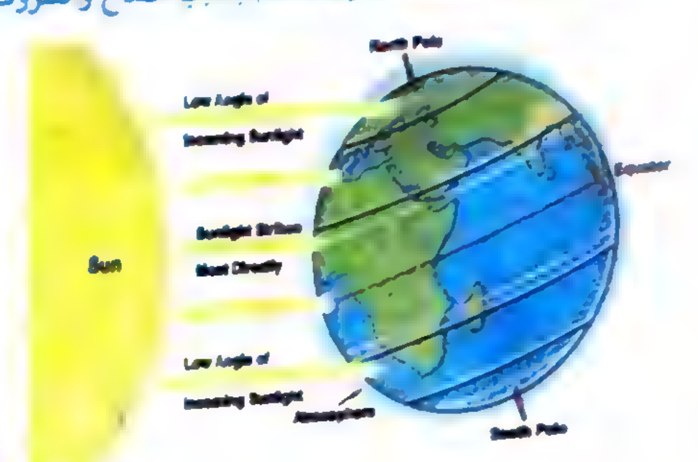


Help your child look and read.
ساعد طفلك ان ينظر ويقرأ.

Look and read.

There are different habitats around the world because of the different climate and conditions. Some parts of the world are cold, and some are hot.

هناك مواطن مختلفة حول العالم بسبب المناخ والظروف المختلفة. بعض أجزاء العالم باردة والبعض الآخر حار.



Equator - this is an imaginary line all around the middle of the Earth.

خط الاستواء هو خط وهمي حول منتصف الأرض.

North Pole - this is the point at the farthest north of the world.

القطب الشمالي هذه هي (النقطة / المنطقة) في أقصى شمال العالم.

South Pole - this is the point at the farthest south of the world.

القطب الجنوبي هذه هي (النقطة / المنطقة) في أقصى جنوب العالم.



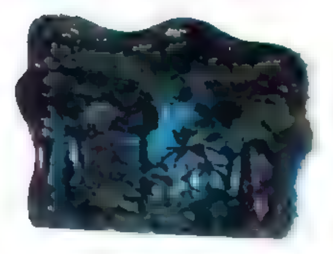
The equator gets the most sunshine. It is hot here for all 12 months of the year. The North and South Poles don't get a lot of sunshine. It is very cold in these parts of the world. We can see the different habitats on a map of the world.

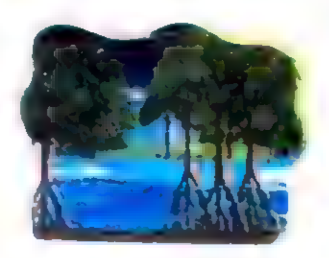
يحصل خط الاستواء على أكبر قدر من أشعة الشمس. يكون الجو حارًا هنا طوال ١٢ شهرًا من العام. لا يحصل القطب الشمالي والجنوبي على الكثير من أشعة الشمس. الجو شديد البرودة في هذه الأجزاء من العالم. نستطيع أن نرى المواطن المختلفة على خريطة العالم.

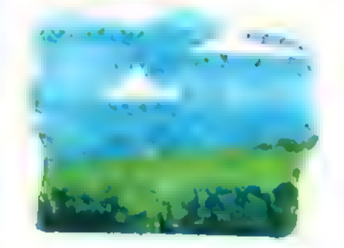


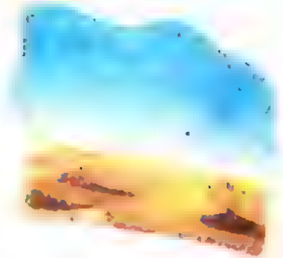
Activities

1 Look and complete.


ra_nf_r_st

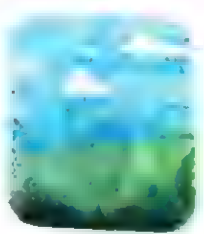

we_la_d


gra_ _land

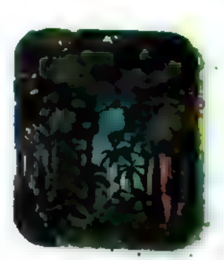

d_ _ert

2 Look at the pictures and unscramble the letters.

s a a
d n a r
l s



s e r
f r o t
n i a

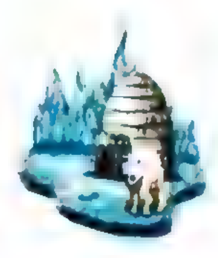


e d s
t e r




t q r e
o u a

l o
r p a



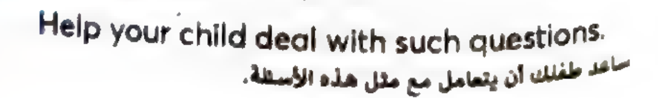
t n e l
d w a



3 Unscramble the following words to make correct sentences.

1. near - are - Wetland - the sea - habitats - .
2. The equator - sunshine - gets - most - the - .
3. monkey - fruit - A spider - eats - .





4 Choose the correct word(s).

1. A/An (spider monkey - crayfish - arctic fox) lives in the polar habitat.
2. The (equator - North Pole - South Pole) is the point at the farthest north of the world.
3. A (polar - tropical - swamp) habitat has snow and ice.
4. Wetlands can be near (deserts - North Pole - rivers).
5. The (South Pole - equator - North Pole) is the point at the farthest south of the world.
6. (Macaws - Sloths - Spider monkeys) have colored feathers.
7. A spider monkey lives in a (desert - polar - rainforest) habitat.
8. The (equator - North Pole - South Pole) is an imaginary line all around the middle of the Earth.
9. Wolves have (feathers - fur - leaves).
10. (Macaws - Crayfish - Spider monkeys) live in dark, warm water and take shelter in tree roots.
11. There is (rain - snow - sand) and ice in a polar habitat.
12. Rainforests are (cold- warm - wind) and wet places.
13. A turtle lives in a (polar- rainforest - wetland) habitat.
14. A swamp is a wetland habitat with lots of (trees- people - [illegible]).
15. Some animals take shelter in (houses - burrows - homes).

5 Read the passage then answer the questions.

There are different habitats around the world because of the different climate and conditions. Some parts of the world are cold, and some are hot. The equator is the hottest part of the world. The North and South Poles are the coldest parts of the world. The equator gets the most sunshine. It is hot for all 12 months of the year. The North and South Poles don't get a lot of sunshine.

A) Choose the correct answer.

1. The (equator - North Pole - South Pole) gets the most sunshine.
2. The North Pole is very (hot - warm - cold).

B) Answer the following questions.

3. Why is the equator the hottest part of the world?

....

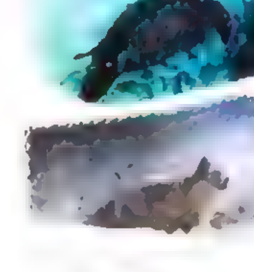
4. Why are there different habitats?

....

6 Look at the pictures and complete with:

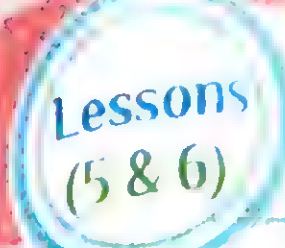
polar - wetland - rainforest

1. A spider monkey lives in a .... habitat.
2. A turtle lives in a .... habitat.



3. An arctic fox lives in a .... habitat.

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



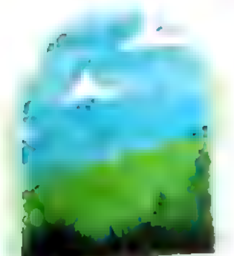
Learn Sounds With Busy Bee!
Reading




Phonics

Listen and repeat.


-nd


grassland
مرعى / أرض عشبية


wetland
أرض رطبة

-nt


tent
خيمة


hunt
يصطاد

-mp


swamp
مستنقع


camp
معسكر

Look and say.



Can I camp in a wetland?
No! Don't put a tent in a swamp!



Can I camp in a grassland?
No! Cheetahs hunt in the

Help your child recognize these sounds.
ساعد طفلك أن يتعرف على هذه الأصوات.



Look and read.

Inside the rainforest

A rainforest is an amazing habitat. There are many different plants, trees, animals, insects and birds. It rains a lot, and it is very hot. This makes it humid. All parts of the rainforest support each other. This is called an "ecosystem".

لغابة المطيرة هى موطن رائع. يوجد بها العديد من النباتات والأشجار والحيوانات والحشرات والطيور
نها تمطر كثيرًا، وشديدة الحرارة. هذا يجعلها رطبة. جميع أجزاء الغابة المطيرة تدعم بعضها لبعض
بالنظام البيئى.

There are four layers in a rainforest: توجد أربع طبقات في الغابة المطيرة:



1. The top layer is called the "emergent layer". This is the top of the trees. Not many animals live here - there are birds (such as macaws), spiders, butterflies and some small monkeys.

تسمى الطبقة العليا "الطبقة الناشئة". هذ هو الجزء العلوي من الأشجار. لا يعيش هنا الكثير من الحيوانات. - هناك طيور "مثل ببغاء المكاو" والعناكب والفراشات وبعض القرود الصغيرة.

2. The "canopy layer" is under the top layer. There is shelter and lots of food such as fruit and nuts here. Lots of animals live in the canopy layer, including sloths, monkeys and birds.

طبقة المظلة تكون تحت الطبقة العليا. يوجد مأوى والكثير من الطعام: مثل الفاكهة والمكسرات. يعيش الكثير من الحيوانات في طبقة المظلة، بما فيها حيوانات الدب الكسلان والقرود والطيور.

Help your child learn about the rainforest

3. The "understory layer" is under the canopy. There isn't a lot of sun here, so it's dark and humid. Rain falls down through the layers above, but there isn't a lot of sun. There are lots of insects, lizards and frogs. Other larger animals hunt for food in the understory layer.

تحت المظلة. ليس هناك الكثير من أشعة الشمس لذلك هي مُظلمة ورطبة. يتساقط المطر عبر الطبقات أعلاه، لكن لا يوجد الكثير من الشمس. هناك الكثير من الحشرات والسحالي والضفادع. تصطاد الحيوانات الكبيرة الأخرى من أجل الطعام في الطبقة السفلى.

4. On the forest floor, it is very dark. Very little sunlight can get through the trees. Snakes crawl تزحف on the rainforest floor. Because it's dark, plants here need to have big leaves so they can get sunlight.

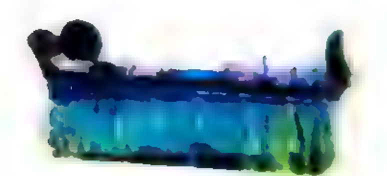
على أرضية الغابة، الجو مظلم جدًا. يمكن أن يمر القليل جدًا من أشعة الشمس عبر الأشجار. تزحف الثعابين على أرض الغابات المطيرة. نظرًا لأنها مظلمة، تحتاج النباتات هنا إلى أوراق شجر كبيرة حتى يمكنها الحصول على ضوء الشمس.

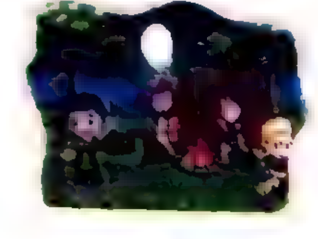
Read again and tick (✓) or cross (×).

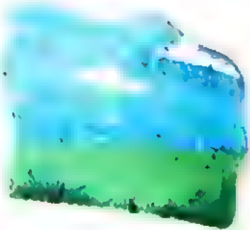
1. Sloths live in the emergent layer. ( )
2. There aren't a lot of animals in the emergent layer. ( )
3. There are lots of things to eat in the canopy layer. ( )
4. Not many animals live in the canopy layer. ( )
5. It is dark in the understory layer. ( )
6. Plants on the forest floor have small leaves. ( )

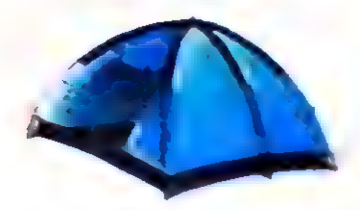
Help your child learn about the rainforest layers.

1 Look and complete.


swa__


ca__


grassla__


te__


hu__

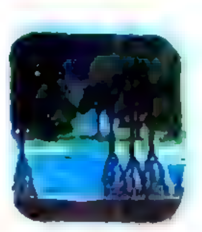

wetla__

2 Look at the pictures and unscramble the letters.

n e t



t a w n e d l



p a w m



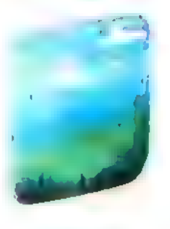
n u t



m a p c



s n a d g r l a s



Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

3 Choose the correct word(s).

1. The rainforest top layer is called the (floor - emergent - canopy) layer.
2. Sloths live in the (canopy - emergent - floor) layer.
3. It's very dark in the (floor - canopy - understory) layer.
4. We're going to camp. We need a (swamp - tent - grassland).
5. Lizards and frogs live in the (emergent - canopy - understory) layer.
6. A lion can (crawl - fly - hunt).
7. There are (two - three - four) layers in the rainforest.
8. There isn't a lot of sun here, so it's (light - wet - dark).
9. Plants have big (ears - leaves - insects), so they can get sunlight.

4 Read and match.

1. The top layer is
2. Not many animals
3. Plants in the forest floor
4. You can't camp

a) in a wetland.
b) called the emergent layer.
c) live in the top layer.
d) need to have big leaves.

1- ( ) 2- ( ) 3- ( ) 4- ( )

5 Unscramble the following words to make correct sentences.

1. I in wetland Can camp a ?
2. is amazing A rainforest habitat an .
3. hunt Large for animals food .

Help your child deal with such questions.

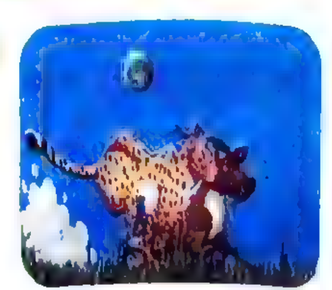
هذه الأسئلة

6 Look and write a sentence under each picture.



need - tent - camp

2.



cheetahs - hunt

7 Fill in the spaces with:

[illegible] - forest floor - frogs - fruit - humid - sloths

- Birds, butterflies and small monkeys live in the .... layers.
- There is shelter and lots of .... in the canopy layer.
- Monkeys, ... and birds live in the canopy layer.
- The understory layer is .... and darker than the canopy layer.
- Lizards, ... and insects live in the understory layer.
- The plants on the .... have big leaves.
- Very little .... gets through trees on the forest floor.

8 Complete the following dialogue with:

grassland - can't - four - many

Nada : How (1) .... layers are there in the rainforest?

Asmaa : There are (2) .... layers.

Nada : Can I camp in a (3) .... ?

Asmaa : No, you (4) ....

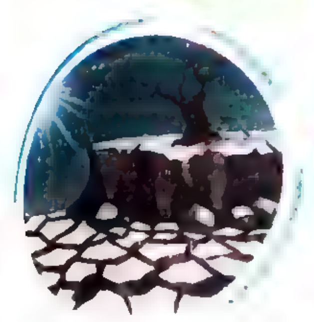
Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Lesson (7)

Reading
Life skills

Listen, point and say.

Changes to habitats التغيرات في البيئات

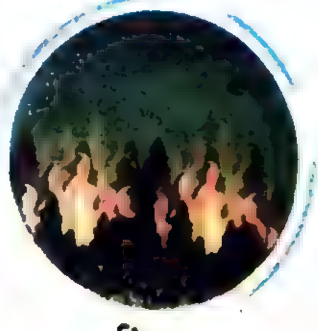

drought
الجفاف

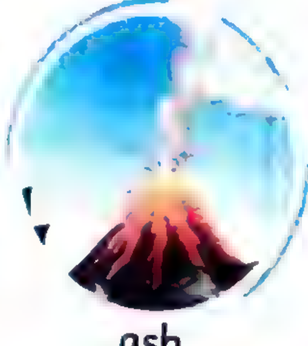

deforestation
التصحر (إزالة الغابات)


pollution
التلوث


flood
الفيضان


volcanoes
البراكين


fire
حريق


ash
رماد بركاني


building
البناء

Definitions

drought	when there isn't enough water	جفاف
deforestation	cutting down trees	إزالة الغابات
pollution	making land, water or air dirty	تلوث
building	destroying habitats to make homes or offices	البناء
flood	when there is too much rain and water covers the land	فيضان
volcano	when it erupts, ash falls to the ground	بركان

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

Look and read.

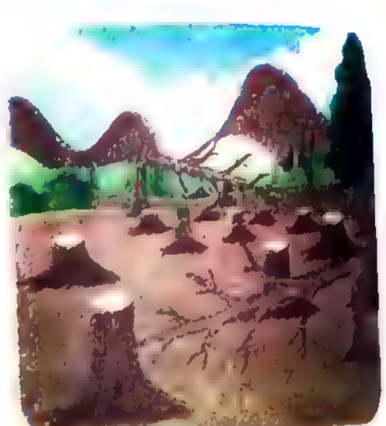
Changes to habitats

Animals and plants live together in balance in different habitats. But what happens when things change? There are lots of reasons for change.

تعيش الحيوانات والنباتات معًا في توازن في مواطن مختلفة. لكن ماذا يحدث عندما تتغير الأشياء؟ هناك الكثير من أسباب للتغيير.

Human activity النشاط البشري

Deforestation إزالة الغابات



People cut down forests and rainforests to use the trees, or to make land for farming. This destroys the habitats of hundreds of animals, birds and plants.

يقوم الناس بإزالة الغابات والغابات المطيرة لاستخدام الأشجار، و لتهيئة الأرض للزراعة. هذا يدمر مواطن مئات الحيوانات و لطيور والنباتات.

Pollution التلوث



Pollution can be on land, in water, or in the air. People leave garbage on the land and in rivers and seas. We put chemicals in rivers and seas, and damage the air with machines and fires.

يمكن أن يحدث التلوث على الارض أو في الماء أو في الهواء. يترك الناس القمامة على الأرض وفي الأنهار والبحار. نحن نضع مواد الكيماوية في الأنهار والبحار ونفسد الهواء بالآلات والحرائق.

Building البناء



New buildings for homes, offices and factories can destroy habitats. They can be good for people, but bad for the animals that lose their homes.

يمكن لعمليات البناء الجديدة للمنازل والمكاتب والمصانع أن تدمر المواطن الطبيعية. يمكن أن تكون مفيدة للناس، لكنها ضارة للحيوانات التي تفقد مواطنها.

Lesson (7)

Natural disasters الكوارث الطبيعية

Volcanoes

بركان

When a volcano erupts, ash falls to the ground and covers it. In the short term, plants can't grow. The ash pollutes the air.

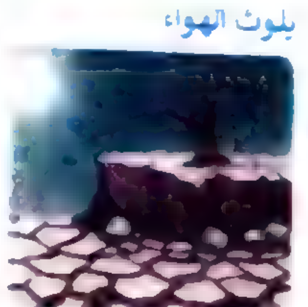


عندما ينفجر البركان، يسقط الرماد على الأرض ويغطيها. على المدى القصير، لا يمكن للنباتات أن تنمو. الرماد يلوث الهواء.

Drought

الجفاف

When there isn't enough rain, the ground is dry and plants can't grow. Animals can't find water to drink. Farmers can't grow food.

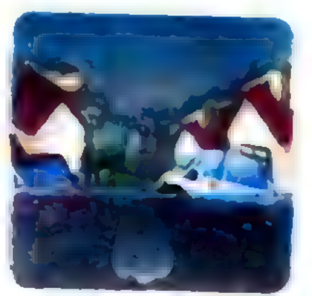


عندما لا يكون هناك ما يكفي من الأمطار، تكون الأرض جافة والنباتات لا يمكنها النمو. لا تستطيع الحيوانات العثور على الماء للشرب. ولا يستطيع الفلاحون زراعة الطعام.

Flood

الفيضان

In a flood, there is an overflow of water to land that is usually dry. This can happen in heavy rain or a storm. Floods can destroy natural habitats as well as people's homes.



في الفيضان، يحدث تدفق فائض للمياه على الأرض التي عادة تكون جافة. يمكن أن يحدث هذا في هطول أمطار غزيرة أو عاصفة. يمكن أن تدمر الفيضانات البيئات الطبيعية وكذلك منازل الناس.

Fire

النار (الحرائق)

Fires can happen in forests or grassland. Fires can destroy many habitats very quickly. The smoke pollutes the air.



يمكن أن تحدث الحرائق في الغابات أو المراعي العشبية. يمكن أن تدمر الحرائق الكثير من البيئات بسرعة شديدة. يلوث الدخان الهواء.

Positive effects of change

الآثار الإيجابية للتغيير

Read and write the suitable natural disaster.

Volcano - Fire - Flood

Water can bring new nutrients to the land. This helps plants to grow in the future.

يمكن للماء أن يجلب عناصر غذائية جديدة للأرض وهذا يساعد النباتات في النمو في المستقبل.

There are minerals in the ash which are good for the soil. The soil will be healthier after some time.

توجد معادن في الرماد وهي مفيدة للتربة. ستكون التربة أكثر صحة بعد مرور بعض الوقت.





Dead trees and leaves on the forest floor can be burned. This puts important nutrients into the soil.

يمكن حرق الأشجار الميتة والأوراق على أرضية الغابة. وهذا يضع العناصر الغذائية الهامة في التربة.



Help your child read and answer.

ساعد طفلك أن يقرأ و يجيب.

Read and answer.

Seleem



I don't think we should build twenty new homes next to the lake on the edge of our town. The lake is a habitat for lots of wildlife. There are birds, fish, insects, snakes and frogs. There are lots of different trees and plants. It is also a beautiful place for people to visit and relax. The new homes will destroy this habitat. The machines will pollute the air and the water.

لا اعتقد أننا ينبغي ان نبنى عشرين منزلًا جديدًا بجوار البحيرة على حافة مدينتنا. البحيرة موطن للكثير من الحياة البرية. هناك طيور وأسماك وحشرات وثعابين وضفادع. يوجد الكثير من الأشجار والنباتات المختلفة. كما أنه مكان جميل للناس للزيارة والاسترخاء. ستدمر المنازل الجديدة هذا الموطن. سوف تلوث الآلات الهواء والماء.

Adam



I think it is a good idea to build the new homes. People need homes to live in. The city is crowded with too many houses. It will make jobs for lots of people. We can plant new trees after they build the homes. The animals will find somewhere else to live. It will be a beautiful place for people to live in.

أعتقد انها فكرة جيدة أن نبنى منازل جديدة. يحتاج الناس منازل للعيش فيها. المدينة مزدحمة بالعديد من المنازل. ستوفر وظائف للكثير من الناس. يمكننا زرع أشجار جديدة بعد بنائهم للمنازل. سوف تجد الحيوانات مكانًا آخر للعيش فيه. سيكون مكان جميلا للناس للعيش فيه.

1. Who is thinking about animals?

....

2. Who is thinking about people?

....

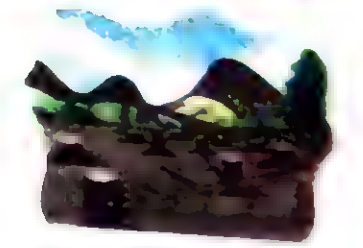
3. Do you agree with one or both of them?

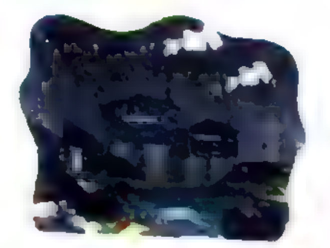
....

Help your child read and answer.
ساعد طفلك أن يقرأ و يجيب.

Activities

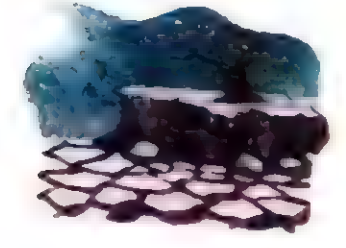
1 Look and complete.


de_oresta_ion

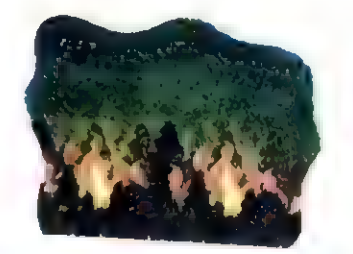

poll_t_on

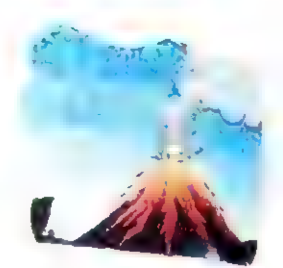

bu_l_ing


vo_ca_o


dr_ _ght

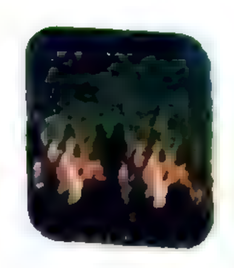

f_ _od


f_r_


a_h

2 Look at the pictures and unscramble the letters.

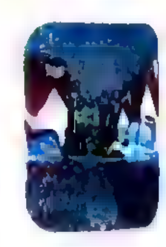
i f
r e



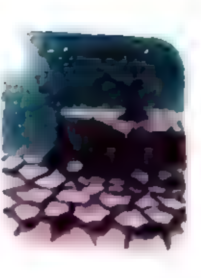
a v n o
l o c



d f o
o l



g d r t
o h u



l p u o
t o i n l



d b u g
i l n i



Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

3 Choose the correct word(s).

1. A (flood - fire - volcano) is an overflow of water.
2. When there isn't enough water, this is called a (volcano - drought - flood).
3. (Pollution - Volcano - Drought) is making land, water or air dirty.
4. (Volcano - Deforestation - Pollution) is cutting down forests.
5. We shouldn't (pollute - cut - keep) our environment.
6. Flood is a natural (mineral - disaster - fire).
7. We shouldn't destroy natural (habits - houses - habitats).

4 Read and match.

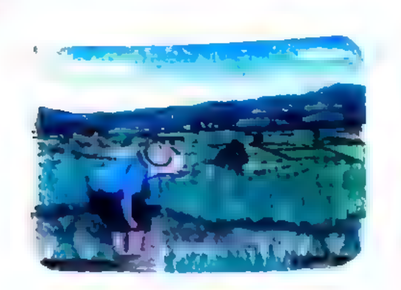
1	Animals and plants	a)	factories can destroy habitats.
2	There are minerals in the ash	b)	live together in balance.
3	Fires can happen in	c)	which are good for the soil.
4	New buildings for homes and	d)	forests and grassland.

1-( ) 2-( ) 3-( ) 4-( )

5 Unscramble the following words to make correct sentences.

1. can - natural - Floods - destroy - habitats - .
2. chemicals - We - in - put - rivers - .
3. nutrients - Water - to the - brings - land - .

6 Look and write a sentence under each picture.





Farmers - food

....

2



Smoke - air

....

7 Fill in the space with.

Deforestation - flood - Building - drought - volcano - fire - Pollution

1. A .... is when there is too much rain onto land that is usually dry.
2. .... is when people cut down forests.
3. .... makes the land, air and water dirty.
4. .... new homes can destroy habitats.
5. When a .... erupts, ash falls on the ground.
6. When it's dry, ... can burn grass and trees.
7. A .... is when there isn't enough rain.

8 Complete the following dialogue with:

protect - grow - do - nutrients

Reem : Water can bring (1) .... to the land.

Hana : Really! What (2) .... nutrients do?

Reem : They help plants to (3) .... in the future.

Hana : Well. We should (4) .... our environment.



Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Activities on Unit (4)

1 Look at the pictures and unscramble the letters.



2 Complete the following dialogue with:

chimpanzees - wildlife - webcam - slowly

Adam : It was great at the (1) .... park yesterday.

Hana : Yes, I loved seeing the (2) ....

Adam : I thought the sloth was great! It moved (3) ....

Hana : Let's look on the (4) .... We might see it again.

3 Choose the correct word(s).

1. Lions and cheetahs (build - hunt - swim) other animals.
2. Rabbits and foxes (swim - climb - dig) burrows.
3. This animal might (live - lives - living) in Africa.
4. (Polar - Rainforest - Swamp) habitats are near the equator.
5. When there isn't enough water, this is called a (volcano - drought - flood).

4 Read and match.

1. Birds live
2. Macaws have
3. Crayfish live
4. The rainforest top layer is

a) beautiful colored feathers.
b) called the emergent layer.
c) in nests.
d) in rivers under rocks.

1-( ) 2-( ) 3-( ) 4-( )

5 Read the passage then answer the questions.

A habitat is a particular kind of climate and landscape. There are different habitats all over the world. They have different animals, plants and non-living things. In a polar habitat, there is snow and ice, and everything looks white. There aren't any trees, and the plants are small. Animals can take shelter in burrows. There are rainforests in warm tropical parts of the world. It has lots of animals and trees.

A) Choose the correct answer.

a) There is ice and snow in a (polar - wetland - rainforest) habitat.

Everything looks (red - white - green) in polar habitats.

b) Answer the following questions.

What are the plants in a polar habitat like?

Where can animals take shelter in a polar habitat?

6 Copy the following sentence.

Birds build nests in trees.

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Unit (5)

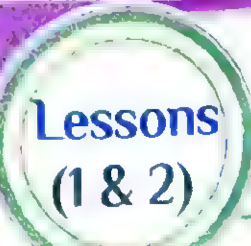
All about water

كل شيء عن الماء



Scope and Sequence:

Vocabulary	[illegible] ground oasis spring soak surface river under the ground The water cycle: condensation cycle evaporation groundwater precipitation runoff
Language	The water has evaporated. I've never eaten olives. Have you ever visited an oasis? Yes, I have. / No, I [illegible]
Reading	A brochure about an oasis, a text about rivers, seas and oceans, a text on how plants and animals adopt to water scarcity
Phonics	[illegible] river water polar cobra
Life skills	[illegible] understanding the links between [illegible]
Values	Curiosity. Appreciation of sc[illegible]
Issues and challenges	Environmental responsibility. Awareness of [illegible] rights
Integrated cross-curriculum topics	Social [illegible] saving water Science: the water cycle

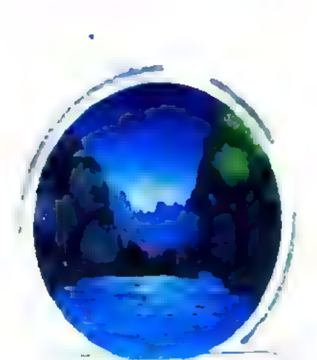


Vocabulary Reading

Listen, point and say.



oasis
واحة



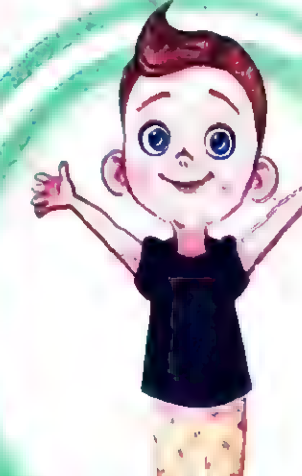
lake
بحيرة

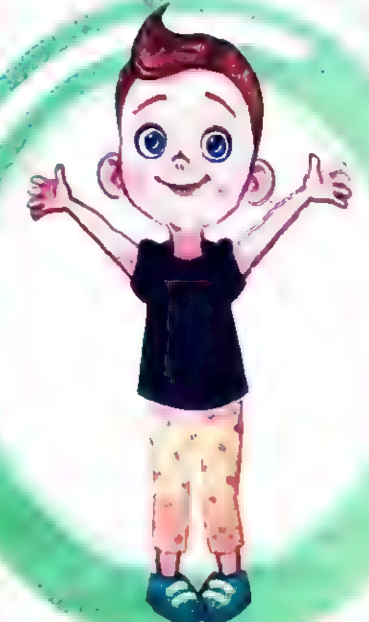


spring
ينبوع (عين مياه)



underground river
نهر جوفي







soak
يغمر بالماء

surface
سطح

shade
ظل



ground
أرض

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

Look, listen and read.

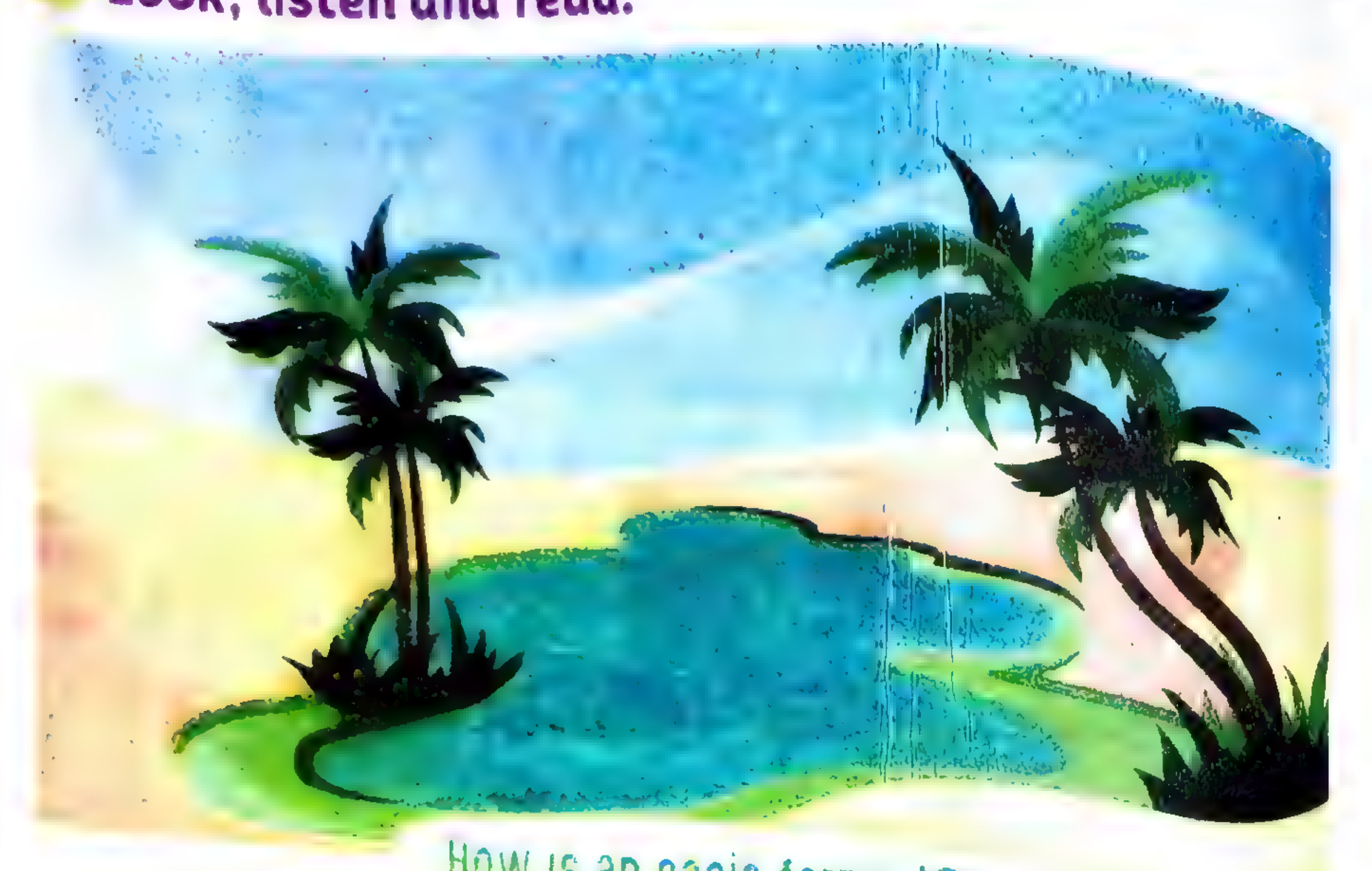


Siwa Oasis is a very interesting place in the desert. People have lived here for thousands of years. The desert is hot and dry, but in an oasis there is water. People can grow trees and plants, and look after animals. I've visited Siwa Oasis with my family. We ate lots of fruit, we saw some monuments and we swam in the spring.

واحة سيوة مكان ممتع للغاية في الصحراء. يعيش الناس هنا منذ آلاف السنين. الصحراء حارة وجافة لكن في الواحة يوجد ماء. يمكن للناس زراعة الأشجار والنباتات، ورعاية الحيوانات. لقد زرت واحة سيوة مع عائلتي. أكلنا الكثير من الفاكهة ورأينا بعض الآثار وسبحنا في الينبوع.

Help your child read about Siwa Oasis.
ساعد طفلك أن يقرأ عن واحة سيوة.

Look, listen and read.



How is an oasis formed?

كيف تتكون الواحة؟

Rain falls on the ground.

يسقط المطر على الأرض.

The rain soaks into the earth.

يتشرب / يَنْفَذ المطر إلى الأرض.

The rain makes rivers and lakes under the ground.

الأمطار تكون أنهار وبحيرات تحت الأرض.

Water comes up to the surface of the ground in a spring.

تصعد المياه على سطح الأرض في ينبوع.

An oasis is a place where there is a big spring or lots of springs.

الواحة هي المكان الذى يوجد فيها نبع كبير أو الكثير من الينابيع.



Help your child know how an oasis formed.

Listen, point and say.



acacia tree

شجرة السنط



olive tree

شجرة الزيتون



tamarisk tree

شجرة الطرفاء



Plants at an oasis

نباتات في الواحة



date palm tree

نخلة



basil

نبات الريحان



spearmint

نعناع

Help your child ...

Look and read.

What plants can we see at an oasis?

ما هي النباتات التي نستطيع أن نراها في الواحة؟



There are many different plants and trees at an oasis. They make the oasis a special place. The desert is hot, and the trees and plants give people food, medicine, and shade.

يوجد العديد من النباتات والأشجار المختلفة في الواحة. وهذا يجعل من الواحة مكانا مميزا. الصحراء حارة والأشجار والنباتات تمد الناس بالطعام والدواء والظل.



Farmers grow tall date palm trees. They can sell dates in Egypt and all over the world. We can cook with dates or eat them whole. People also use the leaves of date palm trees to make baskets.

يزرع الفلاحون أشجار النخيل الطويلة. يمكنهم بيع التمور في مصر وجميع أنحاء العالم. يمكننا أن نطبخ بالتمر أو نأكله كاملًا. يستخدم الناس أيضا أوراق أشجار النخيل في صنع السلال.



Olive trees grow here as well. People eat olives, cook with olives, and make olive oil. Olives are very good for you. The wood from the olive tree is hard, and we can make useful things from it such as bowls and spoons.

تنمو أشجار الزيتون هنا أيضا. يأكل الناس الزيتون ويطبخون بالزيتون ويصنعون زيت الزيتون. الزيتون مفيد جدا لك. الخشب من شجرة الزيتون صلب، ويمكننا أن نصنع منه أشياء مفيدة مثل الأوعية والملاعق.

Help your child look and read about different plants in an oasis.

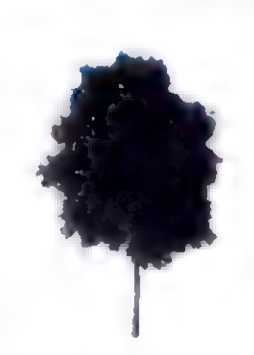
ساعد طفلك أن ينظر ويقرأ عن النباتات المختلفة في الواحة.



Acacia trees are old and very special. They provide shelter for people and animals. They protect the oasis from sandstorms.

أشجار السنط قديمة ومميزة جدًا. إنها توفر المأوى للناس والحيوانات. وتحمي الواحة من العواصف الرملية.

Tamarisk trees also protect the oasis from sandstorms. They are smaller than acacia trees and they have pretty pink flowers.



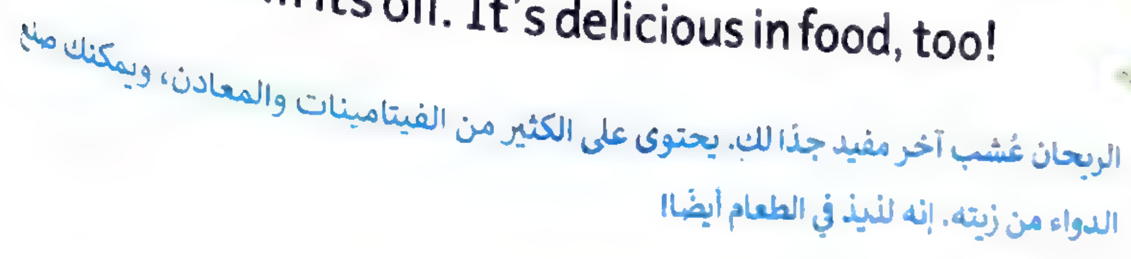
تحمي أشجار الطرفاء الواحة أيضًا من العواصف الرملية. إنها أصغر من أشجار السنط ولديها أزهار وردية جميلة.



People can grow spearmint in an oasis. This is a herb. It can be a medicine, or you can put it in food or drink.

يمكن للناس أن يزرعوا النعناع في الواحة. هذا عشب يمكن استخدامه كدواء أو يمكنك وضعه في الطعام أو الشراب.

Basil is another herb. It is very good for you. It has lots of vitamins and minerals in it, and you can make medicine from its oil. It's delicious in food, too!



الريحان عُشب آخر مفيد جدًا لك. يحتوي على الكثير من الفيتامينات والمعادن، ويمكنك صنع الدواء من زيته. إنه لذيذ في الطعام أيضًا!



your child look and read about different plants
n oasis.



1 Look and complete.


p_lm t_ee


oli_e tr_e

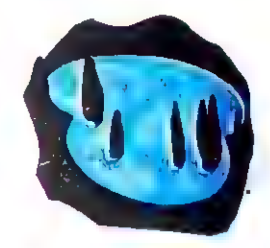

sh_de


o_s_s


l_ke


su_fa_e


s_ak

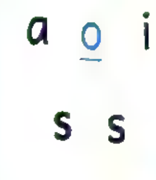

sp_i_g

2 Look at the pictures and unscramble the letters.

s l
a i

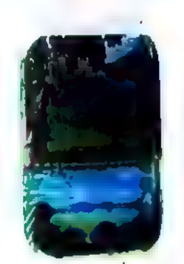


a o i
s s



a l
e k





s d a
h e



u f s e
r c a



a m p l
e r t e



Help your child deal with such questions.

دع طفلك أن يتعامل مع مثل هذه الأسئلة.

3 Choose the correct word(s).

1. Siwa Oasis is in the (city - desert - town).
2. You can make (oil - baskets - soil) with the leaves of palm trees.
3. There are lots of (shade - springs - sandstorms) of fresh water in the oasis.
4. The trees and plants give people food, medicine and (monuments - shade - ground).
5. We can (grow - swim - come) plants.
6. Acacia trees provide (shelter - dates - leaves) for people from the sun.
7. (Olive - Basil - Shade) is a herb.
8. Acacia trees give us (shade - protection - baskets) from storms in the desert.
9. People can grow (medicine - shade - spearmint) in an oasis.
10. Rain (flies - falls - fills) on the ground.

4 Read and match.

1. There are fresh water springs
2. We can sit in the shade
3. We can make medicine
4. Acacia trees provide

a) from plants and herbs.
b) at an oasis.
c) shelter for people and animals.
d) of a tree when it is hot.

1-(   )   2-(   )   3-(   )   4-(   )

5 Unscramble the following words to make correct sentences.

1. date - trees - Farmers - palm - grow - .

2. can - People - grow - an oasis - spearmint - in - .

3. in - spring - We - the - swam - .

6 Read the passage then answer the questions.

Siwa Oasis is a very interesting place in the desert. People have lived here for thousands of years. The desert is hot and dry, but in an oasis there is water. People can grow trees and plants, and look after animals. I've visited Siwa Oasis with my family. We ate lots of fruit. We saw some monuments and we swam in the spring .

A) Choose the correct answer.

1. We swam in the (pool - lake - spring).
2. The desert is hot and (wet - dry - noisy).

B) Answer the following questions.

1. How long have people lived here?

2. Who did you visit Siwa Oasis with?

Lesson (3) Language use

Present Perfect Tense

زمن المضارع التام

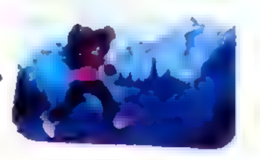
Form

(I / We / You / They / plural noun) + have + P.P (التصريف الثالث)
(He / She / It / singular noun) + has + P.P

e.g. I have visited an oasis with my family three times.



e.g. He has climbed a mountain.



Usage

To talk about past experiences.
للحديث عن الخبرات الحياتية الماضية

Note:

have	= 've
has	= 's

Conjugation of verbs

Present	Past	P.P
visit	يزور visited	visited
try	يجرب tried	tried
climb	يتسلق climbed	climbed
walk	يمشي walked	walked
eat	يأكل ate	eaten
take	يأخذ took	taken
see	يرى saw	seen
make	يصنع made	made

Help your child identify the present perfect tense.
ساعد طفلك على تحديد زمن المضارع التام.

Keywords

never	أبداً	is used in negative.	تستخدم للنفى.
ever	من قبل	is used in question.	تستخدم في السؤال.

e.g. I have never eaten olives.

e.g. Have you ever seen a snake?

Negative

have not / haven't has not / hasn't	+ p.p

e.g. I haven't visited an oasis.

e.g. She hasn't climbed a mountain.

(Yes / No) question

Have	(you / we / they / plural noun)	+ ever + p.p ......?
Has	(he / she / it / singular noun)	

e.g. Have you ever walked in the desert?

Yes, I have. No, I haven't.



Choose the correct word(s).

1. I have (visits - visited - visiting) Siwa Oasis.
2. He (have - having - has) climbed a mountain.
3. Have you (never - ever - every) seen a spring?
4. I have (never - ever - every) eaten olives.
5. I (has - have - having) talked to Hassan.

Help your child identify the present perfect tense

Activities

1 | Complete the following dialogue with.

haven't - mountain - have - Siwa

Ramy : Have you ever visited (1) ....?

Sama : Yes, I (2) ....

Ramy : Have you climbed a (3) .... there?

Sama : No, I (4) ....

2 | Choose the correct word(s).

1. People have (lived - lives - living) here for thousands of years.
2. He has (climb - climbs - climbed) a mountain.
3. Have you (never - ever - usually) seen a snake?
4. We have (see - saw - seen) a big lake.
5. I (taken - has taken - have taken) photos of the desert.
6. She (isn't - hasn't - doesn't) visited Alexandria.
7. He has (ever - every - never) eaten fresh dates.
8. We (have - are - has) seen lots of trees.
9. They have never (swim - swum - swam) in a river.
10. He (is - have - has) climbed a tree.
11. Has (they - you - she) ever been to an oasis?
12. Have they (ever - never - now) drunk spearmint tea?
13. No, he (never has - has ever - has never) slept in the desert.
14. (Has - Have - Do) you ever made olive oil?
15. (Yes - Not - No), she has never seen a snake.

3 Unscramble the following words to make correct sentences.

1. you -made - Have -oil -ever -olive -?

   ....

2. olives - I've -eaten -never -.

   ....

3. has -tree - She -a -climbed -.

   ....

4 Look and write a sentence under each picture.

1. 

   never -eaten -dates

   ....

2. 

   has -climbed

   ....

3. 

   drunk -coffee

   ....

4. 

   never -visited -oasis

   ....



5 Copy the following sentence.

Have you ever seen a snake?

....

....

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Listen and repeat.

The Water Cycle
دورة المياه

condensation
عملية التكثيف

precipitation
هطول الأمطار

runoff
جريان الماء

groundwater
مياه جوفية

evaporation
عملية التبخر

Vocabulary

vapor	بخار	underground	جوفي
atmosphere	الغلاف الجوى	rainfall	سقوط المطر
hail	بَرَد	flow	

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.





Definitions

evaporation لتبخر
The sun turns water into vapor. Vapor rises up into the atmosphere
الشمس تحول الماء إلى بخار. يرتفع البخار في الغلاف الجوى

condensation التكثيف
Water vapor rises and starts to cool. It becomes clouds.
يرتفع بخار الماء ويبدأ أن يبرد. ويصبح سُحُب

precipitation [illegible]
Water falls from the clouds as rain, snow or hail
تسقط المياه من السحب كمطر أو ثلج أو بَرَد

runoff [illegible]
When rain falls on high ground, it runs down mountains and hills as rivers
عندما تهطل الأمطار على أرض مرتفعة، فإنها تنساب عبر الجبال و لتلال كأنهر

groundwater [illegible]
Some water soaks into the ground and flows into rivers and lakes that are under the ground
تسرب بعض المياه إلى الأرض وتتدفق إلى الأنهار والبحيرات الموجودة تحت [illegible]

[illegible] cycle
How water in rivers becomes clouds, then rainfall, then runoff, then rivers that are under the ground
كيف تصبح المياه في الأنهار سحب، ثم هطول المطر ثم جريان الماء، ثم الانهار تحت الأرض



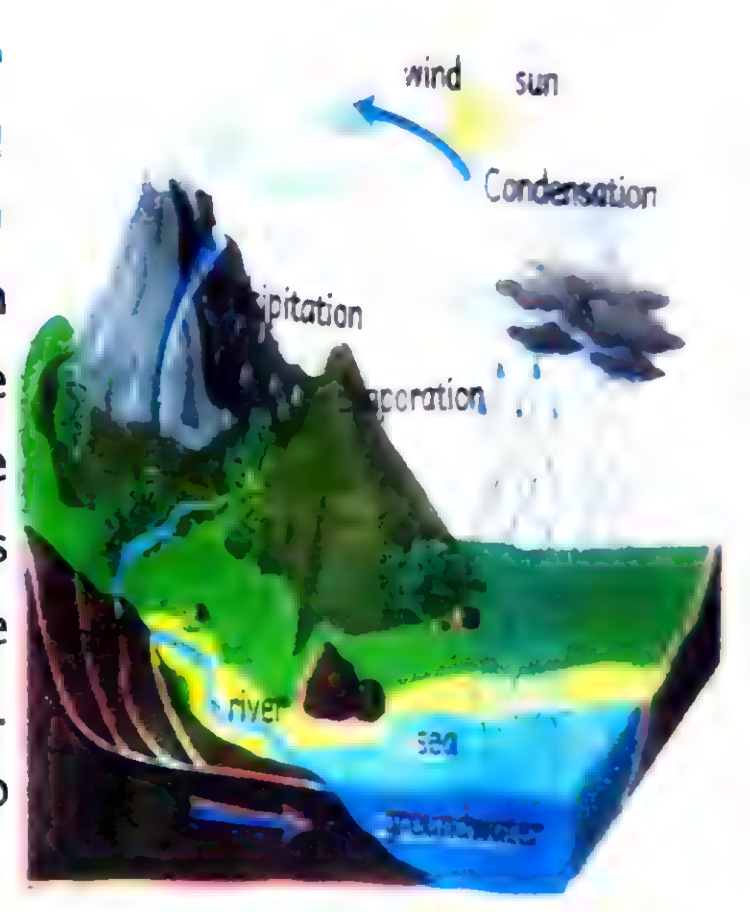
Listen and read.

Lesson (4)

The water cycle

Where does water come from? Water travels from the land to the sea, in a process called the W... Cycle. These are the stages.

من أين تأتي المياه؟ ينتقل الماء من الأرض إلى البحر في عملية تسمى دورة الماء. هذه هي المراحل.



Evaporation Let's start on the ground. Heat from the sun makes water in the sea, in lakes, and in rivers start to evaporate. The water turns into vapor. This vapor rises up into the atmosphere.

... تجعل حرارة الشمس المياه في البحر والبحيرات والأنهار تبدأ بالتبخر. يتحول الماء إلى بخار. يرتفع هذا البخار إلى الغلاف الجوي.

Condensation As the air rises, it starts to cool. This makes the water vapor condense into drops of water. These join together to make clouds.

... عندما يرتفع الهواء يبدأ في البرودة. هذا يجعل بخار الماء يتكثف إلى قطرات الماء. ... ن سحبا.

Precipitation Wind moves the clouds in the sky. The clouds get bigger and heavier. Precipitation is when water falls from the clouds as rain, snow or hail.

هطول الأمطار : تحرك الرياح السحب في السماء. تصبح السحب أكبر وأثقل. الهطول هو عندما يسقط الماء من السحب كأمطار أو ثلج أو بَرَد.

When rain falls on high ground, it runs down mountains and hills as rivers. This is **runoff**. The rivers start small and narrow. They get deeper and wider as they gather more water. Rivers run to the sea, and the cycle starts again with evaporation.

عندما تهطل الأمطار على أرض مرتفعة، فإنها تنساب عبر الجبال والتلال كالأنهار. هذا ما يُسمى بجريان الماء. تبدأ الأنهار صغيرة وضيقة. وتصبح أعمق وأوسع كلما تجمع المزيد من الماء. تنساب الأنهار إلى البحر، وتبدأ دورة الماء مجددًا بالتبخر.

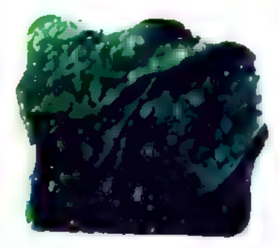
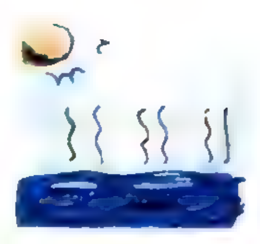
Some water soaks into the ground. This is **groundwater**. It flows into rivers and lakes that are under the ground. These can come back to the surface as a spring. A spring can become a river or a lake. The water evaporates, and the cycle starts again.

تسرب بعض المياه إلى الأرض. وهذا ما يسمى بالمياه الجوفية. تتدفق هذه المياه الجوفية إلى الأنهار والبحيرات الموجودة تحت الأرض. يمكن أن تعود إلى سطح الأرض كينبوع. يمكن أن يصبح الينبوع نهرًا أو بحيرة. تتبخر المياه وتبدأ الدورة مرة أخرى.

Activities

1 | Look and complete.



r_n_ff   gr_undw_ter   c_nden_ation   e_ap_ration

2 | Choose the correct word(s).

1. (Precipitation - Evaporation - Condensation) is when water falls from clouds as rain.
2. Water that lands on the ground and travels in rivers is called (water cycle - runoff - groundwater).
3. Some water soaks into the ground as (evaporation - condensation - groundwater).
4. The sun causes (evaporation - condensation - runoff) of water from the surface of rivers and the sea.
5. (Evaporation - Condensation - Precipitation) happens as water vapor rises and gets cooler.
6. (Vapor - Groundwater - Wind) flows into rivers and lakes that are under the ground.
7. The water in an oasis comes from (seas - pools - rivers) and lakes that are under the ground.
8. A spring can become a river or a (sea - lake - pool).

Help your child deal with such questions.

3 Read and match.

1. Wind moves
2. A spring can become
3. Some water soaks
4. The drops of water join

a) a river or a lake.
b) the clouds in the sky.
c) together to make clouds.
d) into the ground.

1- (   ) 2- (   ) 3- (   ) 4- (   )

4 Unscramble the following words to make correct sentences.

1. turns - into - The sun - water - vapor - .

....

2. can - a river - A spring - become - or - a lake - .

....

3. come - does - Where - water - from - ?

....

5 Read and complete with.

cycle - groundwater - spring - soaks

Some water (1) .... into the ground. This is (2) .... It flows into rivers and lakes that are under the ground. These can come back to the surface as a (3) .... A spring can become a river or a lake. The water evaporates, and the (4) .... starts again.

Lesson (5)

Reading

Look and read.

Different types of water

أنواع المياه المختلفة

Rivers, Seas, and Oceans

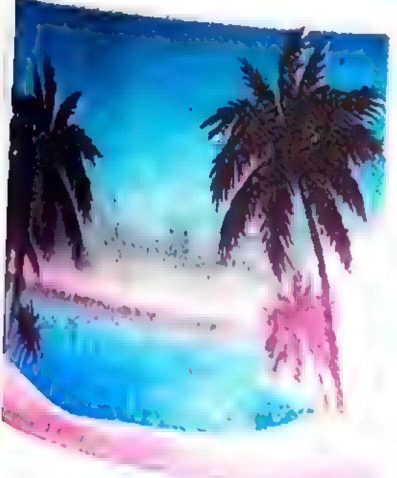


There are two types of liquid water - fresh water and salt water.

هناك نوعان من المياه السائلة - المياه العذبة والمياه المالحة.

Rivers and lakes have fresh water in them. The water comes from precipitation and springs.

الانهار والبحيرات بها مياه عذبة. تأتي المياه من هطول الأمطار ومن الينابيع.



Seas and oceans have salt water in them, because rain washes minerals from the land and from rocks. These minerals go into the sea in runoff water. Rivers don't have salt water because the rain keeps fresh water moving through them.

تحتوي البحار والمحيطات على مياه مالحة. لأن المطر يجرف المعادن من الارض ومن الصخور. تذهب هذه المعادن إلى البحر في عملية جريان الماء. لا تحتوي الأنهار على مياه مالحة لأن المطر يحافظ على حركة المياه العذبة خلالها.

p your child ...

Look, listen and read.

What can the children see in the experiments?
ماذا يمكن للأطفال أن يروا في التجارب؟



We've done an experiment in our science class. We put salt water in one beaker, and fresh water in another beaker. We heated the water in the beakers. Look what has happened!

لقد أجرينا تجربة في حصة العلوم. وضعنا الماء المالح في دورق ، والماء العذب في دورق آخر. قمنا بتسخين الماء في الأكواب. انظر ماذا حدث!



The water has evaporated and we can see the salt.

لقد تبخر الماء ويمكننا رؤية الملح.

The water has evaporated. The beaker is empty.

لقد تبخر الماء. الدورق فارغ.

Help your child do an experiment.
ساعد طفلك أن يقوم بتجربة.

Read and learn.

The water facts

1 The Dead Sea is a small sea, and it is surrounded by land. The water here has a lot of salt in it. Because of the salt, you can float in the Dead Sea!

البحر الميت هو بحر صغير تحيط به الأرض. المياه هنا بها كثير من الملح

بسبب الملح يمكنك أن تطفو في البحر الميت!



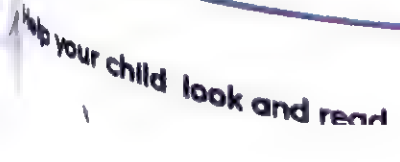


2 The water in an oasis is fresh. It comes from lakes and rivers that are under the ground.

المياه في الواحة عذبة. إنها تأتي من البحيرات والأنهار الموجودة تحت الأرض.

3 Ice is frozen water. In polar regions, when ice is formed from salt water, the salt is squeezed out and only the water freezes. This means the ice isn't salty - you can melt the water and drink it!

الجليد عبارة عن ماء متجمد. في المناطق القطبية، عندما يتشكل الجليد من الماء المالح، يتم ضغط الملح ويتجمد الماء فقط. هذا يعني أن الثلج ليس مالحا. يمكنك إذابة الماء وشربه.





1 Look and complete.



2 Choose the correct word(s).

1. Ice is (frozen - liquid - salt) water.
2. Rivers and lakes have (fresh - salt - frozen) water.
3. Seas have (fresh - salt - frozen) water.
4. You can (float - land - heat) in the Dead Sea.
5. There are (two - three - four) types of liquid water.
6. Rain washes minerals from the (rivers - land - lakes) into the sea.

3 Unscramble the following words to make correct sentences.

1. into - vapor - Water - turns - .
2. is - land - The Dead Sea - surrounded - by - .
3. frozen - is - Ice - water - .

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

4 | Read the passage then answer the questions.

There are two types of liquid water - fresh water and salt water. Rivers and lakes have fresh water in them. The water comes from precipitation and springs. Seas and oceans have salt water in them, because rain washes minerals from the land and from rocks. These minerals go into the sea in runoff water. Rivers don't have salt water because the rain keeps fresh water moving through them.

A) Choose the correct answer.

1) The rain keeps (fresh - salt - frozen) water moving in rivers.

2) There are (seven - five - two) types of liquid water.

B) Answer the following questions.

3) Why do seas and oceans have salt water?

4) Where do minerals go?

5 | Fill in the spaces with:

experiment - small - liquid - frozen

1) Ice is .... water.

2) There are two types of .... water.

3) The Dead Sea is a .... sea.

4) We do an .... in our science class.



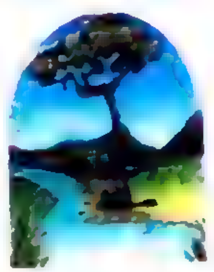
Learn Sounds with Busy Bee!

Reading



Listen and repeat.





river
نهر



water
ماء



shelter
مأوى







doctor
طبيب





polar
قطبي





cobra
أفعى الكوبرا



acacia
شجرة السنط



cheetah
الفهد الصياد





Help your child recognize and produce the /ə/ sound.

Look and read.

The cheetah is taking shelter under an acacia tree. It's looking at the water under the cobra.



1 Listen, complete and match. Then say

er - ar - ra

1 riv __

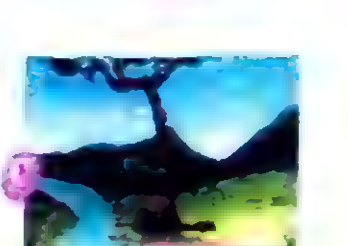
2 pol __

3 wat __

4 cob __









2 Listen and circle the word with the /ə/ word.

1 sea	acacia	coffee
2 cheetah	try	buy
3 through	statue	under
4 ride	shelter	night
5 mommy	happy	doctor

Help your child recog...

Look and listen.

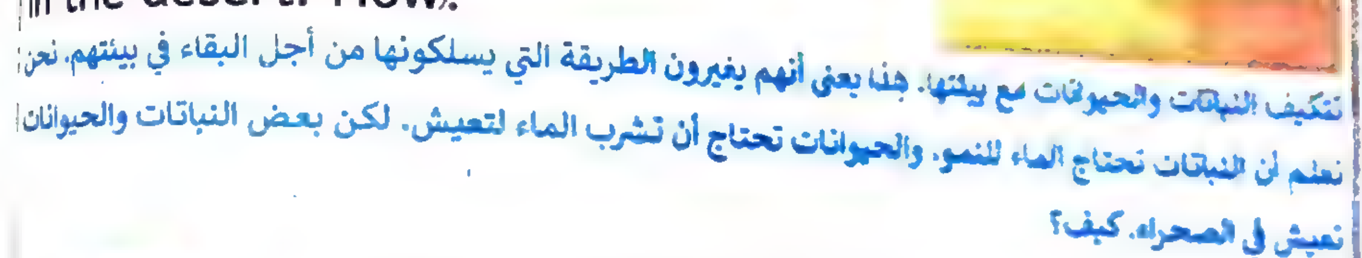


Help your child identify these words.

Look and read.

Plants and animals

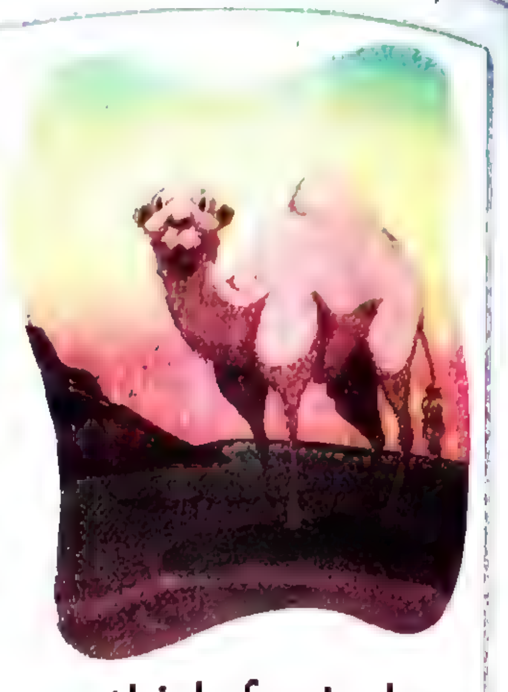
Plants and animals adapt to their habitat. This means that they change the way they behave in order to survive in their habitat. We know that plants need water to grow, and animals need to drink water to live. But some plants and animals live in the desert. How?



تتكيف النباتات والحيوانات مع بيئتها. هذا يعني أنهم يغيرون الطريقة التي يسلكونها من أجل البقاء في بيئتهم. نحن نعلم أن النباتات تحتاج الماء للنمو، والحيوانات تحتاج أن تشرب الماء لتعيش. لكن بعض النباتات والحيوانات تعيش في الصحراء. كيف؟

Cactus plants have adapted to survive in the desert. Their roots are close to the surface and they spread out a long way in the ground. They can catch a lot of rainwater when it does fall. Inside a cactus, there are hollow tubes. These can hold water and store it for many years. A cactus plant has thick skin, so the water inside the tubes can't evaporate. They have spines to protect them. These stop animals drinking the water inside the cactus.

تكيفت نباتات الصبار للبقاء على قيد الحياة في الصحراء. جذورها قريبة من السطح وتتفرع لمسافات طويلة في الأرض. يمكنها الحصول على الكثير من مياه الأمطار عندما تسقط. داخل الصبار توجد أنابيب مجوفة. وهذه الأنابيب المجوفة يمكنها الاحتفاظ بالمياه وتخزينها لسنوات عديدة. نبات الصبار له جلد سميك، لذلك لا يمكن أن يتبخر الماء داخل الأنابيب. لديها أشواك لحمايتها فهي تمنع الحيوانات من شرب الماء الموجود داخل الصبار



Camels have adapted to survive very well in the desert. They can drink enough water to last for a week. They don't often sweat, so they don't lose water. They can store fat and nutrients in their hump, so they don't have to eat for months. They have wide hooves, so it is easier to walk on sand. They have hair around their eyes, ears and nose to keep the sand out. The desert is hot in the day, but very cold at night. They have thick fur to keep them warm at night.

تكيفت الإبل لتعيش بشكل جيد للغاية في الصحراء. فيمكن لهذه الحيوانات شرب كمية كافية من الماء تدوم لمدة أسبوع. وهم لا يتعرقون في كثير من الأحيان لذلك لا يفقدون الماء. يمكنها تخزين الدهون والعناصر الغذائية في سنامها. لذلك لا تضطر إلى تناول الطعام لشهور. لديها حوافر عريضة، لتمكنها من المشي بسهولة على الرمال. لديها شعر حول أعينها وآذانها وأنوفها لإبعاد الرمال. الصحراء جوها حار في النهار، لكنها شديدة البرودة في الليل لذا الجمال لديها فرو كثيف لإبقائها دافئة في الليل.

Adapting to a wetland



Plants and animals have adapted to living in a wetland. تكيفت النباتات والحيوانات للعيش في الأرض الرطبة.

Lots of plants have hollow stems.

كثير من النباتات لها سيقان مجوفة.

Animals use camouflage for protection and to hunt for food.

تستخدم الحيوانات التمويه من أجل الحماية ولكي تصطاد من أجل الطعام.

Crocodiles can hide with their eyes and nose above the water.

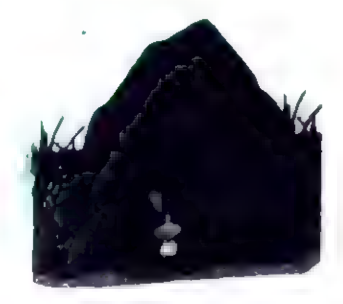
يمكن أن تختبئ التماسيح وأعينها وأنفها فوق الماء.

Help your child look and read.

ساعد طفلك أن ينظر ويقرأ.

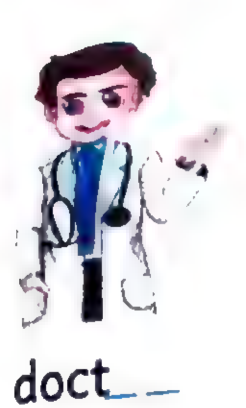
1 | Look and complete.


c_br_


shelt_ _


wat_ _


r_v_r


doct_ _


acaci_


c_c_us

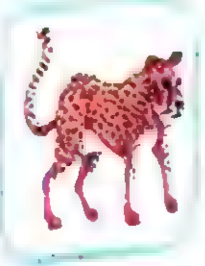

ch_et_h

2 | Look at the pictures and unscramble the letters.

s v o h
o e



h t c
e h e a



o p
r a l



p u
h m



d a
s n



t o r
o s



3 Choose the correct word(s).

- The cheetah is taking shelter (in - on - under) an acacia tree.
- Plants and animals adapt to thier (house - school - habitat).
- Cactus plants have (planted - helped - adapted) to survive in the desert.
- Cactus have (spines - arms - legs) to stop animals eating them.
- Inside a cactus, there are (small - big - hollow) tubes.
- Camels have (small - narrow - wide) hooves.
- A cactus plant has thick (skin - leaves - flowers).
- Camels have thick (fur - coat - skin) to keep them warm at night.
- Camels store fat and nutrients in their (necks - heads - humps).
- There are hollow ([partly illegible] - spines - roots) inside a cactus where they store water.
- The ([illegible] - [illegible] - [partly illegible]ots) of a cactus are close to the surface of the ground.
- Camels have (humps - fur - hair) around their eyes and nose to keep out the sand.

4 Read and match.

- Cactus plants have adapted
- A cactus has thick skin
- Camels can store fat
- Camels don't sweat, so

a) to keep water inside.
b) to survive in the desert.
c) they don't lose water.
d) in their humps.

1-( ) 2-( ) 3-( ) 4-( )

Help your child deal with such questions.

5 | Fill in the spaces with:

desert - camouflage - habitat - store

1. Animals adapt to their ....
2. The .... is hot in the day.
3. Camels can .... water for a long time.
4. Animals use .... for protection.

6 | Read the passage then answer the questions.

Cactus plants have adapted to survive in the desert. Their roots are close to the surface and they spread out a long way in the ground. They can catch a lot of rainwater when it downfalls. Inside a cactus, there are hollow tubes. These can hold water and store it for many years. A cactus plant has thick skin, so the water inside the tubes can't evaporate. They have spines to protect them. These stop animals drinking the water inside the cactus.

A) Choose the correct answer.

1. A cactus has thick (ears - eyes - skin) to keep water inside.
2. The cactus roots (survive - store - spread) out a long way in the ground.

B) Answer the following questions.

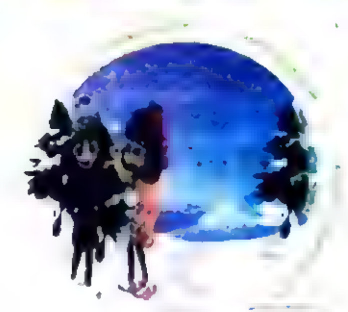
3. What can cactus plants catch?
....
4. Why do they have spines?
....

Lessons (8 & 9)

Skills
CLIL: Science: Rainfall around the world



Seasons فصول السنة



winter
الشتاء



spring
الربيع



summer
الصيف



fall
الخريف



Definitions

desert الصحراء	It's very hot and it doesn't often rain here. الجو حار جدًا ولا تمطر كثيرًا.
tropical zone المنطقة الاستوائية	It is warm and there is a lot of rain for most of the year. الجو دافئ وهناك أمطار كثيرة معظم السنة.
wetland مستنقع / أرض رطبة	There is always water on the ground. يوجد دائمًا ماء على الأرض.
polar zone المنطقة القطبية	The water here is ice. الماء هنا يكون جليدًا.
temperate zone المنطقة المعتدلة	There is a lot of rain in fall and winter, but there is less in spring and summer. توجد أمطار كثيرة في فصل الخريف والشتاء، ولكن هناك أمطار أقل في فصلي الربيع والصيف.

Read.

Did you know?

Some countries have four seasons: spring, summer, fall and winter. It might rain a lot in fall and winter, and not as much in spring and summer. These are countries farther away from the equator, in the temperate zones.



بعض الدول لديها أربعة فصول: فصل الربيع والصيف والخريف، والشتاء. قد تمطر كثيرًا في الخريف والشتاء وليس كثيرًا في فصل الربيع والصيف. وهذه هي البلدان البعيدة عن خط الأستواء وتقع في المنطقة المعتدلة.

Some countries have two seasons - the wet season and the dry season. These are countries closer to the equator, in tropical zones. It rains a lot for six months, then there is less rain for six months.

بعض الدول لديها فصلان- فصل ممطر وفصل جاف. هذه الدول هي الأقرب من خط الاستواء في المناطق الاستوائية. تمطر كثيرًا لمدة ستة أشهر، يكون هناك مطر أقل لمدة ستة أشهر.



Remember!

How to say large numbers.

كيف تقرأ الأرقام الكبيرة

We say:

48	forty-eight
352	three hundred and fifty-two
3522	three thousand, five hundred and twenty-two.
4,963	four thousand, nine hundred and sixty-three

Practice saying these numbers: 4,480 2,340 508 421

Write the numbers as words.

1. 48 ....
2. 837 ....
3. 211 ....
4. 1,062 ....
5. 605 ....
6. 4,963 ....

Tip! Look at your ruler. How many millimeters are there in a centimeter?



There are 10 millimeters (mm) in a centimeter

1 cm = 10 mm

Rainfall around the world

سقوط الأمطار حول العالم

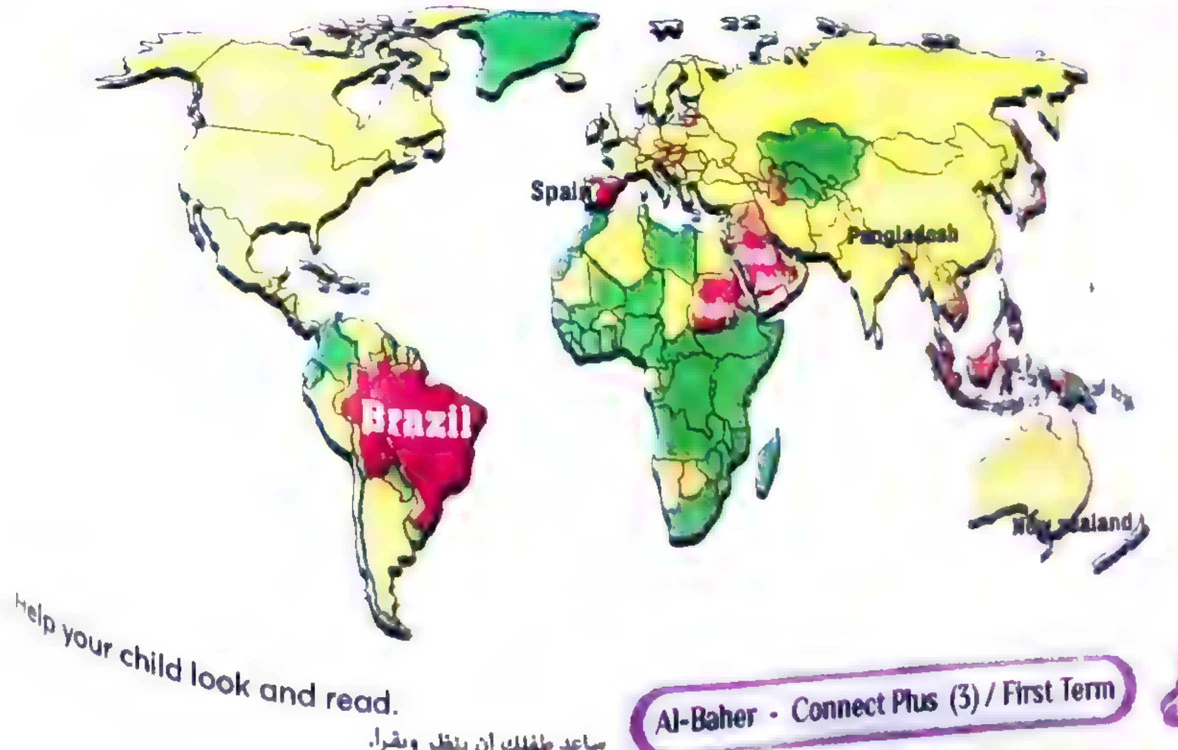
Look and read.

Different countries around the world have different amounts of rain. We measure this in millimeters (mm) per year.

الدول المختلفة حول العالم لديها كميات مختلفة من الأمطار. نقيس هذا بالمليمترات (مم) في العام.



	Rainfall (mm per year)
Egypt	51
Atacama Desert, Chile	12
Colombia	3.240
Australia	534
The United Kingdom	1.220



Help your child look and read.

ساعد طفلك أن ينظر ويقرأ.





Language

كم كمية ......؟

How much ......?



How much rainfall does Sudan have a year?

ما مقدار الأمطار التي تسقط على ......

It has 250 millimeters a year.

٢٥٠ ملليمتر سنويا.





New Zealand	Sudan	Bangladesh
[illegible] mm/year	250 mm/year	2.666 mm/year
Spain	**Brazil**	**Saudi Arabia**
[illegible] mm/year	[illegible]61 mm/year	59 mm/year

Look and answer.



How much rainfall does Spain have a year?

It has .... a year.





How much rainfall does Bangladesh have a year?

It has .... a year.





How much rainfall does Brazil have a year?

It has a year.



Help your child ask a question using "How much".

ساعد طفلك أن يسأل سؤال باستخدام "How much".

Activities

1 | Look and complete.









sp__ng s_m_er f_l_ w_n_er

2 | Choose the correct word(s).

1. It doesn't often rain in the (desert - wetland - polar zone).
2. There is a lot of rain in the (polar - temperate - tropical) zone.
3. There is water on the ground in the (wetland - desert - polar) zone.
4. The water is ice in the (tropical - temperate - polar) zone.
5. How (much - many - old) rainfall does Sudan have?
6. We measure rainfall in (millimeters - kilos - meters).

3 | Read and match.

1. There are 10 millimeters
2. How much rainfall
3. It might rain a lot
4. Spain and Brazil

a) are countries.
b) in fall and winter.
c) does Egypt have?
d) in a centimeter.

1-( ) 2-( ) 3-( ) 4-( )

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

4 Unscramble the following words to make correct sentences.

1. countries - Some - closer to - equator - are - the - .

   ....

2. less - the desert - There - rain - is - in - .

   ....

3. Brazil - How much - have - rainfall - does - a year - ?

   ....

5 Read the passage then answer the questions.

Some countries have four seasons: spring, summer, fall and winter. It might rain a lot in fall and winter, and not as much in spring and summer. These are countries farther away from the equator, in the temperate zones. Some countries have two seasons - the wet season and the dry season. These are countries closer to the equator, in tropical zones. It rains a lot for six months, then there is less rain for six months.

A) Choose the correct answer.

1. Some countries have four (days - weeks - seasons).
2. It might rain a lot in fall and (winter - summer - spring).

B) Answer the following questions.

1. What are the four seasons of the year?

   ....

2. Which countries have two seasons?

   ....

Help your child deal with such questions.

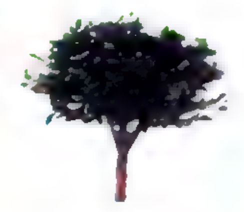
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Activities on Unit (5)

1 | Look and complete.


s_ri_g


o_s_s


o_livet_ee


v_p_r

2 | Look at the pictures and unscramble the letters.

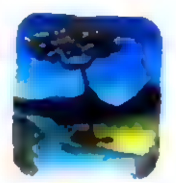
o l r a p



c a r b o



e i v r



3 | Complete the following dialogue with.

What - ever - oasis - have

Menna : Have you .... (1) .... been to the desert?

Ola : Yes, I .... (2) ....

Menna : .... (3) .... did you do there?

Ola : I visited an .... (4) ....

4 | Choose the correct word(s).

1) Siwa Oasis is in the (town - city - desert).
2) We have (saw - seen - see) a big lake.
3) (Precipitation - Evaporation - Condensation) is when water falls from clouds as rain.
4) Rivers don't have (fresh - frozen - salt) water.
5) How (many - much - old) rainfall does Egypt have a year?

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



5 Read the passage then answer the questions.

Camels have adapted to survive very well in the desert. They can drink enough water to last for a week. They don't often sweat, so they don't lose water. They can store fat and nutrients in their humps, so they don't have to eat for months. They have wide hooves, so it is easier to walk on sand. They have hair around their eyes, ears and nose to keep the sand out. They have thick fur to keep them warm at night.

A) Choose the correct answer.

1. Camels adapted to (store - survive - sweat) in the desert.
2. Camels can store fat and nutrients in their (hooves - fur - humps).

B) Answer the following questions.

1. Why is it easier for camels to walk on sand?
2. Why do camels have thick fur?

6 Read and match.

1. Basil has vitamins	a) is a small sea.
2. The Dead Sea	b) and minerals in it.
3. Cactus plants have adapted to	c) have four seasons.
4. Some countries	d) survive in their habitat.

1-( ) 2-( ) 3-( ) 4-( )

7 Look and write a sentence under each picture.



cactus - spines

2.



palm trees oasis

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Unit (6)

What is a flood?

ما الفيضان؟



Scope and Sequence:

cabulary	barrier canal dam drain pipe pump sandbag collapse, install, minimize, predict, protect, ruin, warn, wash away bossy, brave, calm, caring, cooperative, cowardly, funny generous, lazy, mean, moody, polite, responsible, selfish, wise
Language	-There is too much water -There isn't enough water -There are too many cars -There aren't enough trees
Reading	An interview with an emergency responder; a text about farming in dry areas
Phonics	ous, danger ous gener ous nerv ous
ife skills	- Problem solving: suggesting solutions to solve problems - Collaboration: helping others
lues	-Curiosity
sues and challenges	-Sustainable development Environmental responsibility
tegrated cross-curriculum topics التكامل عبر موضوعات المنهج	- Science: agricultural science - Social Studies: water engineering in the past and today; the role

Lessons (1 & 2)

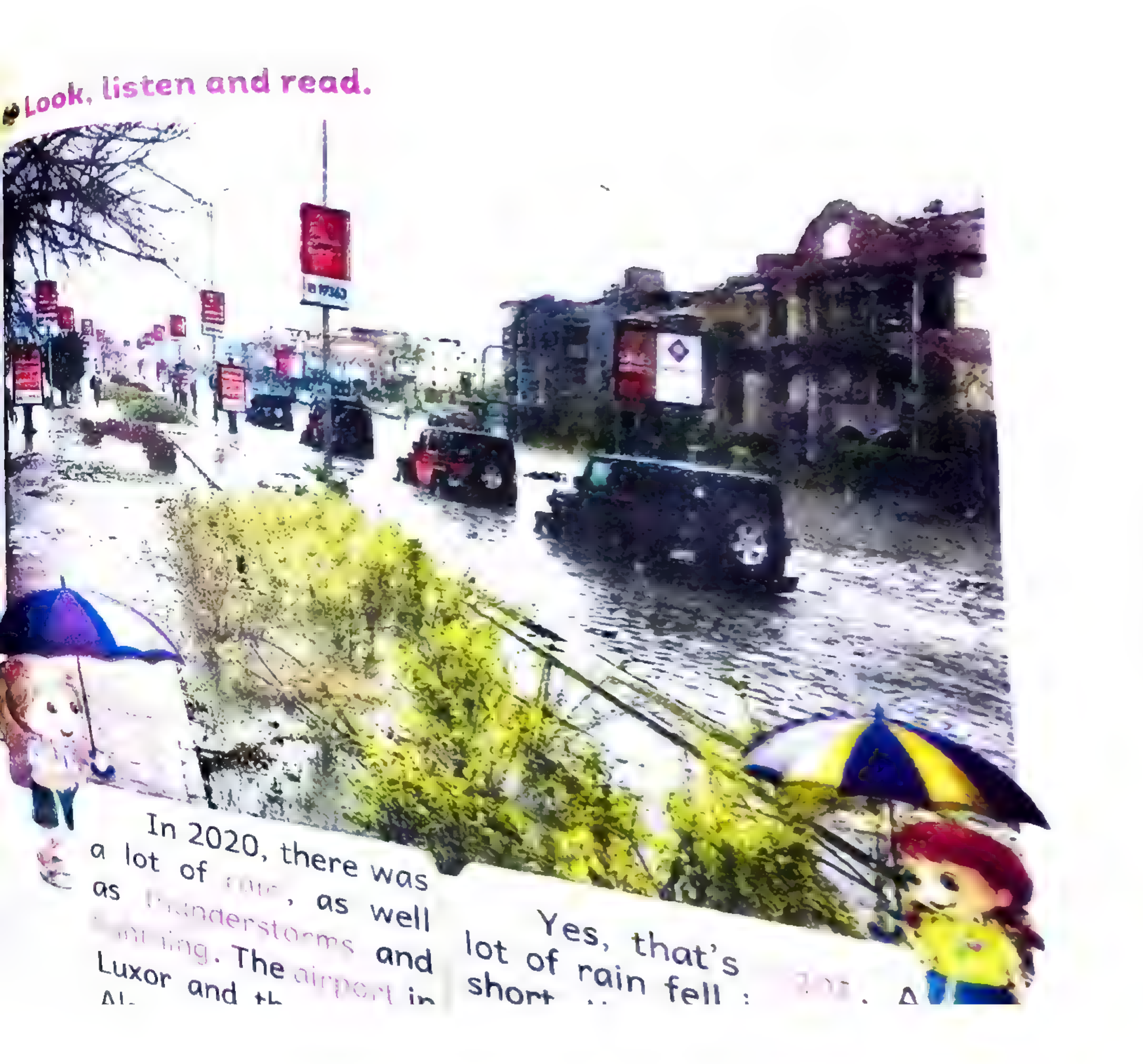
Listening and reading
Vocabulary



Definitions

dam	It stops water in a river from moving forward. يمنع الماء في النهر من الاندفاع للأمام.
canal	This is a river that people build. هذا نهر يبنيه الناس.
barrier	It stops water in the street and protects buildings. يوقف الماء في الشارع ويحمي المباني.
pump	People use this to take water out of a building in a flood. يستخدم الناس هذا لسحب المياه من مبنى في فيضان.
pipe	Water travels through this under or above...
drain	W...

Look, listen and read.



Look, listen and read.



In a flood, people can put up a barrier to stop water in the street.

في حالة حدوث فيضان، يمكن للناس وضع حاجز لإيقاف المياه في الشارع.



Water on the surface of streets can go down a drain.

يمكن أن تنصرف المياه الموجودة في الشوارع إلى البالوعة.



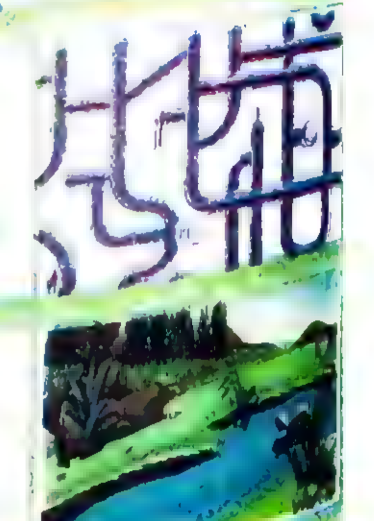
You can use a pump to take water out of a building in a flood.

يمكنك استخدام مضخة لسحب المياه من مبنى في حالة الفيضان.



A dam stops the flow of water in a river.

السد يوقف تدفق المياه في النهر.



Water moves in pipes under the ground or above the ground.

ينتقل الماء في المواسير تحت الأرض أو فوقها.

A canal is a river that people build, so they can move water to where they need it.

القناة هو نهر يبنيه الناس، حتى يتمكنوا من نقل المياه إلى حيث يحتاجون إليها.

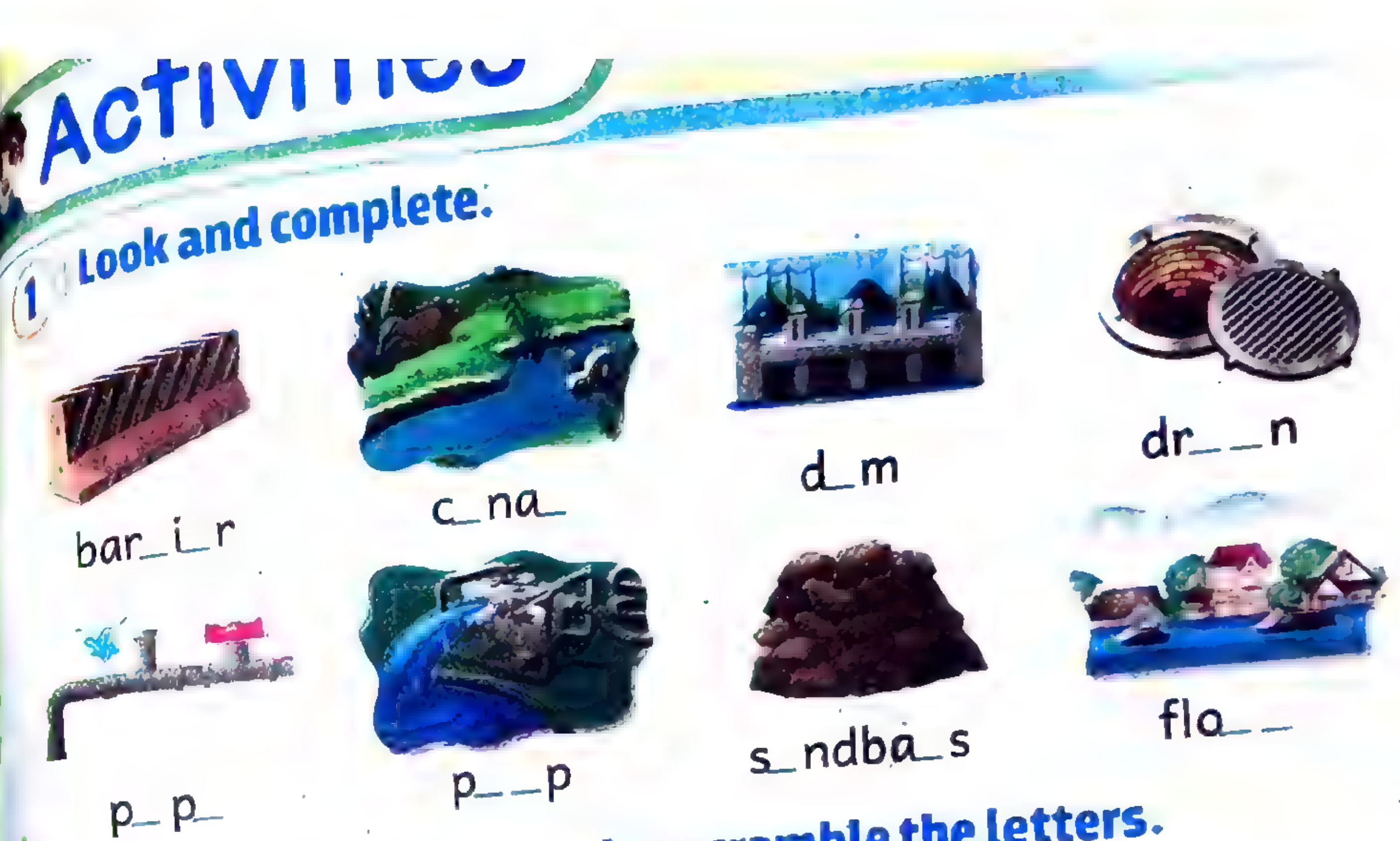


People put sandbags in front of houses and buildings to keep water out.

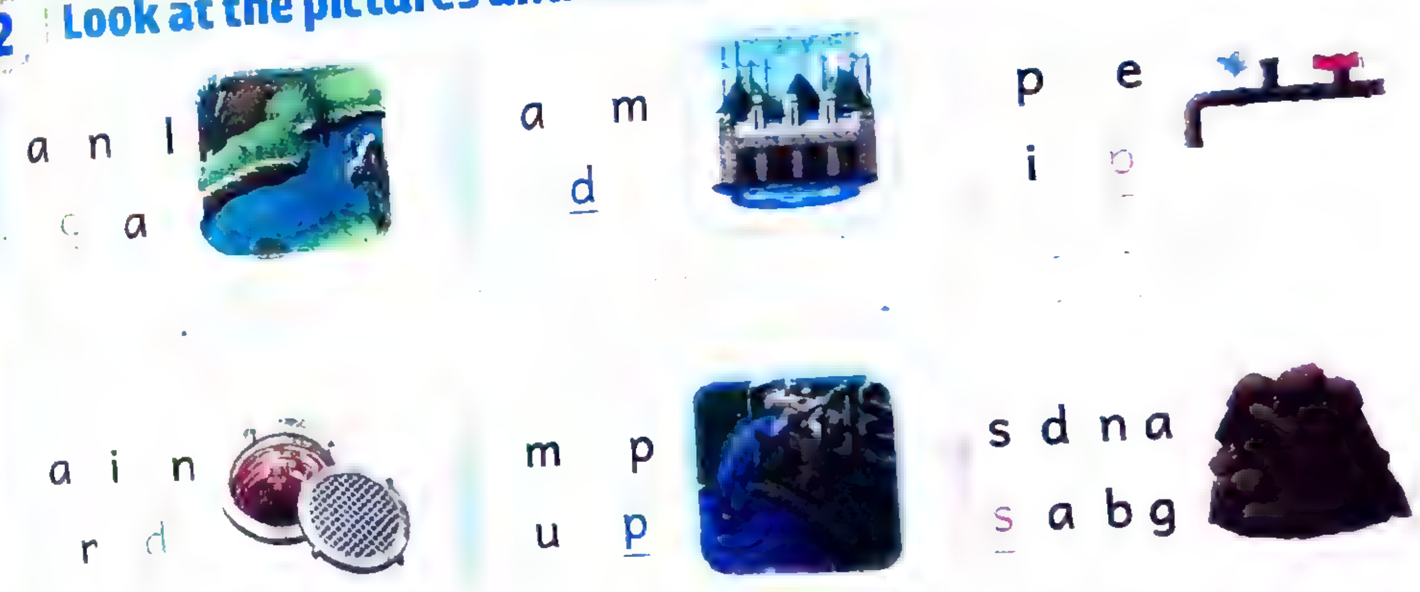
يضع الناس أكياس الرمل أمام المنازل والمباني لإبعاد المياه.

Activities

1 Look and complete.



2 Look at the pictures and unscramble the letters.



3 Choose the correct word(s).

1. People put (sandbags - canals - dams) in front of houses and buildings to keep water out.
2. A (dam - barrier - drain) stops water in a river from moving forward.

3. Water on the surface of streets can go down a (drain - barrier - dam).

4. Water moves in (pipes - sandbags - pumps) under the ground or above the ground.

5. You can use a (dam - pump - drain) to take water out of a building in a flood.

6. A (pump - canal - dam) is a river that people build, so they can move water to where they need it.

7. In a flood, people can put up a (pipe - barrier - pump) to stop water in the street.

4 Read and match.

1	In 2020, there was	a)	flooded.
2	The airport	b)	a lot of rain.
3	There was too	c)	in Luxor was closed.
4	The streets were	d)	much water.

1-( ) 2-( ) 3-( ) 4-( )

5 Unscramble the following words to make correct sentences.

1. in Alexandria - closed - The ports - were - and - Sharm el-Sheikh - .

2. we - do - need - Why - in - sandbags - a flood - ?

3. can - protect - Barriers - buildings - .

6 Read the passage, then answer the questions.

In 2020, there was a flood in Egypt. There was a lot of rain, as well as thunderstorms and lightning. The airport in Luxor and the ports in Alexandria and Sharm el-Sheikh were closed. A lot of rain fell in a very short time. There was too much water, and the streets and buildings in Cairo and other places flooded.

A) Choose the correct answer.

1. In (2019 - 2018 - 2020), there was a flood in Egypt.
2. There was (a lot - little - less) of rain.

B) Answer the following questions.

3. What places were closed because of the flood?

....

4. What happened to the streets and buildings?

....

7 Complete the following dialogue with:

keep - flood - river - sandbags

Mariam : What is a (1) .... ?

Mona : It's a large amount of water covering an area.

Mariam : Why do we need (2) .... in a flood?

Mona : To (3) .... water out of buildings.

Mariam : What does a dam do?

Mona : It stops the flow of water in a (4) ....

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



Language use

Countable nouns الأسماء التي تعد

 They have singular and plural form

أسماء لها مفرد و جمع.



a ruler - rulers

Uncountable nouns الأسماء التي لا تعد

 They don't have a plural form

ليس لها صيغة جمع.

water



paper



rain



too many كثير جدًا

تستخدم مع الأسماء التي تُعد (جمع).

There are + too many + plural noun (اسم جمع)

There are too many rulers.

Help your child identify countable and uncountable nouns.
ساعد طفلك أن يتعرف على الأسماء التي تُعد والأسماء التي لا تُعد.

too much · كثير جدًا

يستخدم مع الأسماء التي لا تعد.

There is + too much + (اسم لا يعد)

There is too much water.



not enough · غير كافٍ

تستخدم مع الأسماء التي تعد والتي لا تعد.

There + isn't / aren't + enough (اسم لا يعد) / (اسم جمع)

There isn't enough water.



There aren't enough pencils.



Choose the correct word(s).

1. There isn't (many - too many - enough) water.
2. There is (many - too much - too many) paper.
3. There are (much - too much - too many) rulers.
4. There aren't (too much - enough - much) cups.
5. There isn't enough (sugar - pencils - cars).

Help your child identify countable and uncountable nouns.
ساعد طفلك أن يتعرف على الأسماء التي تعد والأسماء التي لا تعد.

Activities

1 Choose the correct word(s).

1. There is (too much - too many - many) water.
2. There isn't (too many - many - enough) paper.
3. There are (too much - too many - much) pencils.
4. There are (too many - too much - much) people.
5. There aren't enough (pencil - a pencil - pencils).
6. There aren't (much - little - enough) rulers.
7. There is (to - too - two) much tea.
8. The bag is heavy. There are too (much - more - many) books in it.
9. There is too much (salt - cars - bags).
10. I can see too many (paper - water - cars).
11. It's dry. There (is - isn't - aren't) enough water.
12. We have too (much - many - more) milk.
13. There (isn't - aren't - is) enough apples.
14. There (are - aren't - isn't) enough juice.
15. There aren't enough (fig - figs - a fig).
16. There are too (many - much - enough) trees.
17. We have too (enough - many - much) paper.
18. There is too much (books - coffee - cakes).

2 Unscramble the following words to make correct sentences.

1. are - many - There - too - pencils - .

....

2. rulers - There - enough - aren't - .

....

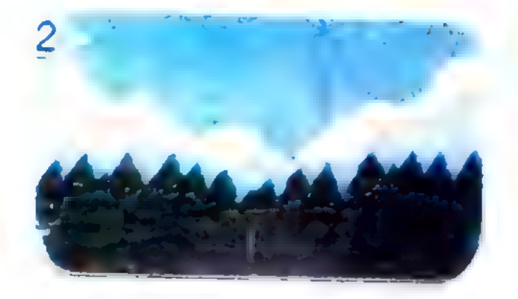
3 is - water - too - There - much - .

4 milk - enough - isn't - There - .

3 Look and write a sentence under each picture.

1


enough - water

2


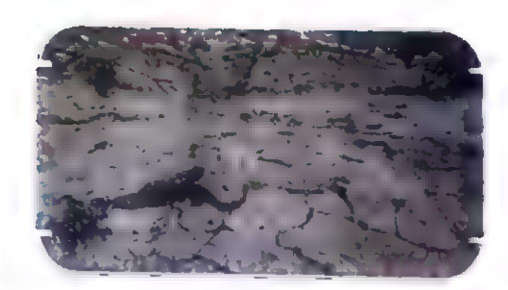
too many - trees

4 Look, read and circle.



There are too many cars.

There aren't enough cars.



There is too much water.

There isn't enough water.



There are too many people.

There aren't enough people.



There is too much water.

There isn't enough water.

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

VOCABULARY



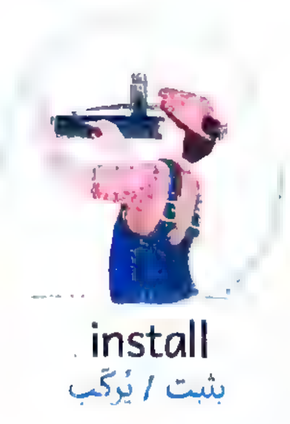
Listen, point and say.



warn
يحذر



collapse
ينهار



install
يثبت / يُركّب



wash away
يجرف / يزيل







minimize
يُقلل



meteorologist
عالم أرصاد جوية





protect
يحمي

ruin
يدمر

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

Definitions

ruin	يدمر	to damage or destroy something أن تتلف أو تدمر شيئًا ما
wash away	يجرف	to carry something away with water يحمل شيئًا بعيدًا بالماء
collapse	ينهار	to fall down يسقط
protect	يحمى	to keep something safe يحافظ على سلامة شئ
predict	يتنبأ	to say what might happen in the future أن تقول ما قد يحدث في المستقبل
warn	يُحذر	to tell people that something bad will happen, so they can prepare أن تخبر الناس أن شيئًا سيئًا سيحدث، حتى يتمكنوا من الاستعداد
install	يُثبت/يُركب	to put something in أن تضع شيئًا ما
minimize	يُقلل	to make something smaller or less أن تجعل شيئًا ما أصغر أو أقل
meteorologists	علماء الأرصاد الجوية	people who study the weather الناس الذين يدرسون الطقس

Look and read.

Negative effects of flooding	Positive things we can do
ruin	protect
collapse	minimize
wash away	predict
	warn
	install

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

Look and read.



When there are floods, there can be big problems. Flood water can ruin homes, shops, and offices. It can wash away roads or make bridges and homes collapse. It's important for engineers and scientists to find ways to protect everyone from floods.

عندما يكون هناك فيضانات، يمكن أن تحدث مشاكل كبيرة، ويمكن أن تدمر مياه الفيضانات المنازل والمتاجر والمكاتب. يمكن أن تجرف الطرق أو تتسبب في انهيار الجسور والمنازل. من المهم ايجاد طرق لحماية الجميع من الفيضانات من قبل المهندسين والعلماء.

Meteorologists are people who study the weather. They can watch what is happening and predict when floods will start. They can warn people to put up barriers or use sandbags to keep their homes safe. They can send these warnings on cell phones, so everyone gets them quickly.

علماء الأرصاد الجوية هم الأشخاص الذين يدرسون الطقس. يمكنهم مراقبة ما يحدث والتنبؤ ببدء الفيضانات. يمكنهم تحذير الناس لكي يضعوا حواجز أو يستخدموا أكياس الرمل للحفاظ على منازلهم آمنة. يمكنهم إرسال هذه التحذيرات على الهواتف المحمولة، حتى يحصل عليها الجميع بسرعة

We can install new technology such as more powerful pumps to remove the water. We can keep drains clear and in good condition so water can move away quickly. When it rains a lot in a short time, there is a risk of floods. If we are prepared for this, we can minimize the dangerous effects of flooding.

يمكننا تركيب تكنولوجيا جديدة مثل مضخات أكثر قوة لإزالة المياه. يمكننا الحفاظ على المصارف نظيفة وفي حالة جيدة حتى يمكن أن تصرف المياه بسرعة. عندما تمطر كثيرا في وقت قصير، فهناك خطر حدوث فيضانات. إذا كنا مستعدين لذلك، يمكننا تقليل الآثار الخطيرة للفيضانات.



Activities

1 Look and complete.



w_rn



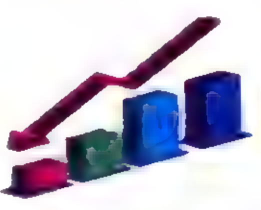
met_orol_gist



r_in



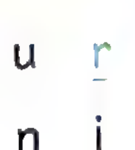
pro_ect



c_ll_pse



in_tall



m_nimi_e



w_sh a_ay

2 Look at the pictures and unscramble the letters.

u r
n i



n l t i
l a s



c l a o
s e p l



n a
r

p c t r
t e o



h s a
w a y a



3 Choose the correct word(s).

1. (Archaeologists - Meteorologists - Psychologists) are people who study the weather.
2. We can (minimize - collapse - ruin) the effects of flooding if we are prepared.

Help your child deal with such questions.

3. Flood water can (wash away - warn - install) cars, roads and bridges.
4. We need to (predict - install - ruin) a pump to remove the water.
5. We can (ruin - protect - collapse) our streets with barriers.
6. Flood water can (ruin - install - protect) homes and shops.
7. Buildings can (collapse - wash away - minimize) when there are dangerous floods.
8. Meteorologists can (protect - warn - ruin) people about bad weather.
9. Meteorologists can (predict - minimize - ruin) floods.
10. (Dams - Canals - Barriers) can protect buildings.

4 Read and match.

1. Meteorologists are people
2. ruin
3. protect
4. A dam

a) stops water in a river.
b) to keep something safe
c) who study the weather.
d) to damage or destroy something

1-( ) 2-( ) 3-( ) 4-( )

5 Fill in the spaces with:

protect - minimize - barrier - ruin

1. Flood water can .... homes.
2. To .... is to make something smaller or less.
3. To .... is to keep something safe.
4. A .... stops water in the street and protects buildings.

 Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Lesson (5)

LIFE SKILLS AND VALUES

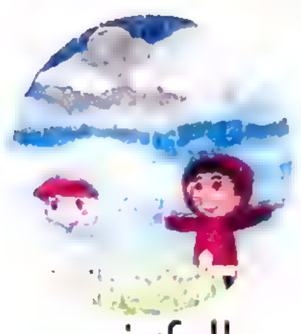
Listen, point and say.



rescue
ينقذ



emergency responder
مسعف الطوارئ



rainfall
هطول الامطار



brave
شجاع



calm
هادئ



generous
كريم



scared
[illegible]



polite
مهذب



lazy
كسول



cooperative
متعاون



funny
مضحك

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.



Definitions

volunteer	:	to help other people without getting paid	يتطوع
scary	:	frightening	مخيف
rescue	:	to take someone out of a dangerous place	ينقذ
heavy rainfall	:	a lot of rainfall	هطول غزير للأمطار
emergency responder	:	help his community when there is an emergency	مسعف الطوارئ

Look and read.



Lara is an emergency responder. When there is a flood, she is one of the first people to rescue the other citizens from the flood water.

لارا مسعفة الطوارئ. عندما يكون هناك فيضان. فهي من أوائل الأشخاص الذين ينقذون المواطنين الآخرين من مياه الفيضان.



Can you describe what an emergency responder is?

هل يمكنك وصف ما هو مسعف الطوارئ؟

Yes, of course. I volunteer to help my community when there is an emergency. We aren't the police, or firefighters, but we are trained to help them do their jobs. We can get to a place quickly, do first aid, and rescue people from floods.

نعم بالطبع. أنا أتطوع لمساعدة مجتمعي عندما تكون هناك حالة طوارئ. نحن لسنا من رجال الشرطة أو رجال الإطفاء، لكننا مدربون على مساعدتهم في أداء وظائفهم. يمكننا الوصول إلى المكان بسرعة وتقديم الإسعافات الأولية وإنقاذ الناس من الفيضانات.

Help your child look and read.

ساعد طفلك أن ينظر ويقرأ.



Do you enjoy being an emergency responder?

هل تستمتعين بكونك مسعفة طوارئ؟



Yes, I do. I like helping people and we do lots of different things.

نعم، أنا أحب مساعدة الناس ونقوم بالعديد من الأشياء المختلفة.



Is it a scary thing to do?

هل هو عمل مخيف؟



Well, sometimes it is, but then I think that other people will be scared as well, so I   on how I can help them.

حسنا، في بعض الأحيان يكون الأمر كذلك، ولكن عندئذ أعتقد أن الآخرين سيكونون خائفين أيضا. لذلك أركز على كيف يمكنني مساعدتهم.



What do you do when there is a flood?

ماذا تفعلون عندما يكون هناك فيضان؟



We know it might be dangerous when there is very heavy rainfall. So, my team are ready to help people quickly. Our job is to help people who are sick or injured.

نحن نعلم انه قد يكون خطيرا جدا عندما تهطل الأمطار بغزارة. لذلك فريقي مستعد لمساعدة الناس بسرعة. وظيفتنا هي مساعدة المرضى أو المصابين.



How do you travel around the city?

كيف تتنقلون حول المدينة؟

Help your child look and read.



We have small boats, so we can go to different houses and help people who are stuck in their homes.

لدينا قوارب صغيرة، لذا يمكننا الذهاب إلى منازل مختلفة ومساعدة الأشخاص العالقين في منازلهم.



Are people pleased to see you?

هل الناس سعداء برؤيتك؟



Yes, they are! That's one of the things I love about volunteering - you can make people very happy!

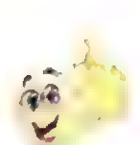
نعم! وهذا أحد الأشياء التي أحبها في التطوع - يمكنك أن تجعل الناس سعداء جدا!!



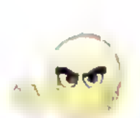
Thank you, Lara.

شكرًا لكِ، يا لارا.

Adjectives



Positive
Good



Negative
Bad

Positive		Negative	
caring	responsible	bossy	cowardly (جبان)
polite	cooperative	lazy	mean
funny	calm	moody	selfish
generous	brave		
wise	sociable		

Definitions

bossy	likes telling people what to do	متسلط
selfish	thinks about himself	أناني
mean	not like to share things	بخيل
generous	likes helping others and giving people presents	كريم
calm	not worried or excited about things	هادئ
cooperative	works very well in a team	متعاون
polite	speaks nicely to everyone and behaves well	مؤدب
caring	looks after other people	مُهتم بالآخرين
responsible	thinks about saving others	مسؤول
moody	We don't know if he is going to be happy, sad or angry.	متقلب المزاج
funny	tells a lot of jokes and make people laugh	مضحك
wise	sensible and always do the right thing	حكيم
brave	not scared in dangerous situations	شجاع
sociable	likes communicating with people	اجتماعي

Help your child identify these definitions.

ساعد طفلك أن يتعرف على هذه التعريفات.

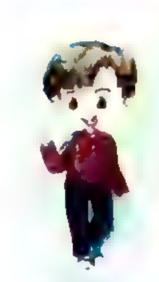
Look and read.



Sara tells a lot of jokes and makes people laugh, but she also likes telling people what to do! She sometimes tells her friend's secrets to other people.

سارة تروى الكثير من النكات وتجعل الناس يضحكون، لكنها تحب أيضا إخبار الناس بما يجب عليهم فعله! أحيانا تقول أسرار صديقتها لأشخاص آخرين.

She is funny and bossy. هى مرحة ومتسلطة.



Fares often thinks about saving others. He likes sharing things. He's a very good communicator.

غالبا ما يفكر فارس في إنقاذ الآخرين. يحب مشاركة الأشياء. إنه متواصل جيد للغاية.

He's brave and sociable. هو شجاع واجتماعي.



Nesma doesn't worry or get excited about things. She likes helping other people and she is a good friend. She likes giving people presents.

نسمة لا تقلق ولا تتحمس للأشياء. تحب مساعدة الآخرين وهى صديقة جيدة. تحب إعطاء الناس الهدايا.

She's calm and generous. هى هادئة وكريمة



Wael works very well in a team. He speaks nicely to everyone and behaves well. He works very hard.

وائل نعمل بشكل جيد جدًا في فريق. يتحدث بلطف مع الجميع ويتصرف بشكل جيد. إنه نعمل بجد.

He's polite and cooperative. هو مهذب ومتعاون



Adam is sensible and can look after other people. He is kind and he isn't scared in dangerous situations.

آدم عاقل ويمكنه الاعتناء بالآخرين. هو لطيف ولا يخاف في المواقف الخطيرة.

He's responsible and caring. هو شخص مسئول ومهتم بالآخرين

Help your child identify positive and negative adjectives. ساعد طفلك أن يتعرف على الصفات الإيجابية والسلبية

Activities

Look and complete.



Choose the correct word(s).

To (collapse rescue ...) is to take someone out of a dangerous place.

Fares thinks about himself. He is (brave - selfish - mean)

She likes giving people presents. She is (mean - generous - selfish).

(Cowardly - Bossy - Caring) means to look after other people.

Daddy isn't scared of anything! He's (moody - brave - bossy).

Hany is (wise - polite - moody). You don't know if he is going to be happy, sad or angry.

Omar is (wise - moody - bossy). He is clever and knows a lot of things.

Fatima is always (bossy - moody - calm). She never gets excited or worried.

Maryam always says "thank you"! She's very (moody - polite - bossy).

...your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

3 Read and match.

1. A volunteer helps other people
2. Tom thinks about himself.
3. He looks after other people.
4. A bossy person likes telling

a) He is caring.
b) people what to do.
c) without getting paid.
d) He is selfish.

4 Unscramble the following words to make correct sentences.

1. can - rescue - Lara - from - people - floods - .

....

2. like - helping - I - people - other - .

....

5 Read the passage, then answer the questions.

I am an emergency responder. I volunteer when there is an emergency. We are trained to help firefighters and the police. We can do first aid and help rescue people from floods. Sometimes it is scary, but I like helping people. When there was a flood in Cairo, we had to help people who were sick or injured. We used small boats to travel around the city. We helped rescue people who were stuck in their homes. People were very pleased to see us!

A) Choose the correct answer.

1. We are trained to help (teachers - firefighters - farmers).
2. People were very (wise - bossy - pleased) to see us.

B) Answer the following questions.

3. When does an emergency responder volunteer?

....

4. What did they use to travel around the city?

....

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

6 Fill in the spaces with:

volunteer - rescue - mean - bossy

1. A .... person likes telling people what to do.
2. To .... is to take someone out of a dangerous place.
3. Sara is .... She doesn't like sharing things.
4. To .... is to help others without getting paid.

7 Complete the following dialogue with:

rescue - is - emergency - scary

Ali : What do you want to be?

Omar : I want to be an (1) .... responder.

Ali : Why?

Omar : To help and (2) .... people.

Ali : Is it a (3) .... thing to do?

Omar : Well, sometimes it (4) ....

8 Copy the following sentence.

I'm not scared of anything! I'm brave.

....

....

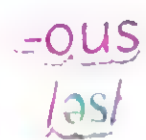
Lesson (6)

Learn Sounds with Busy Bee!

Listen and repeat.



Phonics





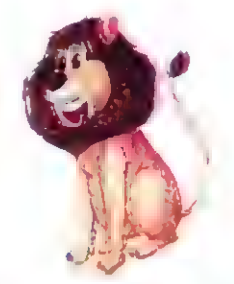
nervous
عصبي / متوتر



enormous
ضخم / هائل



famous
مشهور



dangerous
خطير



generous
كريم

Look and read.

The famous statue is enormous!
التمثال المشهور ضخم!



I'm nervous. Is it dangerous?
أنا متوتر. هل هو خطير؟



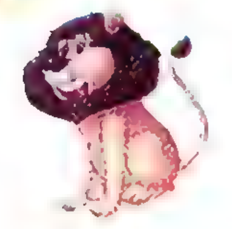
Don't be nervous. It isn't dangerous.
But it is enormous!
لا تكن متوترًا. إنه ليس خطيرًا. لكنه ضخم!



Our teacher isn't famous, but she's kind and generous.
معلمتنا ليست مشهورة، ولكنها عطوفة وكريمة!

Help your child recognise and produce the /əs/ sound.
ساعد طفلك أن يتعرف على الصوت /əs/ وينطقه.

1 Look and complete.



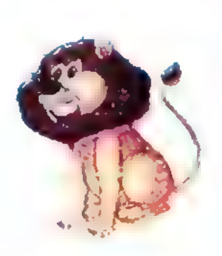




danger_ _ _   gener_ _ _   nerv_ _ _   enorm_ _ _   f_mo_s

2 Look at the pictures and unscramble the letters.

g n a r
e u s o



e r e n
s g u o



u o r e
n v s



3 Choose the correct word(s).

1. The famous statue is (small - little - enormous). It's very big.
2. I'm (dangerous - nervous - generous). I'm not pleased.
3. The lion is (dangerous - generous - famous).
4. All people know him. He is (generous - famous - enormous).

4 Unscramble the following words to make correct sentences.

1. is - The - enormous - statue - .
2. teacher - My - kind - generous - is - and - .
3. woman - is - This - nervous - very - .

5 Look and write a sentence under each picture.





lion - dangerous

2



tree - enormous

....

6 Fill in the spaces with:

dangerous - enormous - generous

1. My teacher is very ....
2. The lion is very ....
3. The famous statue is ....

7 Copy the following sentences.

Don't be nervous.

....

My teacher is generous.

....

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



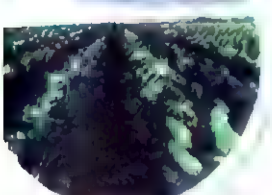
Reading
Life skills

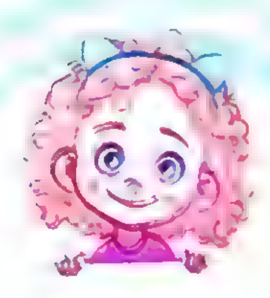
Listen, point and say.


soil
تربة

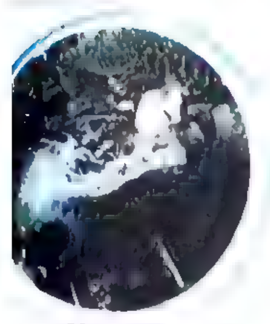

water
يسقى / يروى


irrigation
الرى



crop
محصول

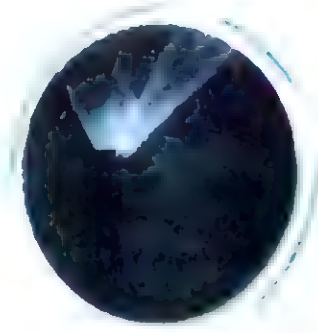

Farming
الزراعة


well
بئر


flood
الغمر بالماء


drip
تقطر / تنقيط


holes
ثقوب


spray
الرش

Look, listen and read.





Farming in dry areas
الزراعة في المناطق الجافة

We all know that plants need sunlight, food, and water. So how do people grow food in the desert, when there isn't enough water?

نعلم جميعًا أن النباتات تحتاج إلى ضوء الشمس والغذاء والماء. إذن كيف يزرع الناس الطعام في الصحراء، عندما لا توجد مياه كافية؟



1 Old and new irrigation
الري قديمًا وحديثًا

Farmers in dry countries need to water their crops. There isn't enough rainfall to give the crops all the water they need so they use irrigation. This means bringing water in through pipes, from wells, canals, or other sources of water. Farmers also use pumps to move water from rivers or wells to the fields.

يحتاج المزارعون في البلدان الجافة إلى ري محاصيلهم. ليس هناك ما يكفي من الأمطار لإعطاء المحاصيل كل المياه التي تحتاجها لذلك يستخدمون الري. وهذا يعني جلب المياه عبر الأنابيب أو من الآبار أو القنوات أو مصادر المياه الأخرى. يستخدم المزارعون أيضًا المضخات لنقل المياه من الأنهار أو الآبار إلى الحقول.

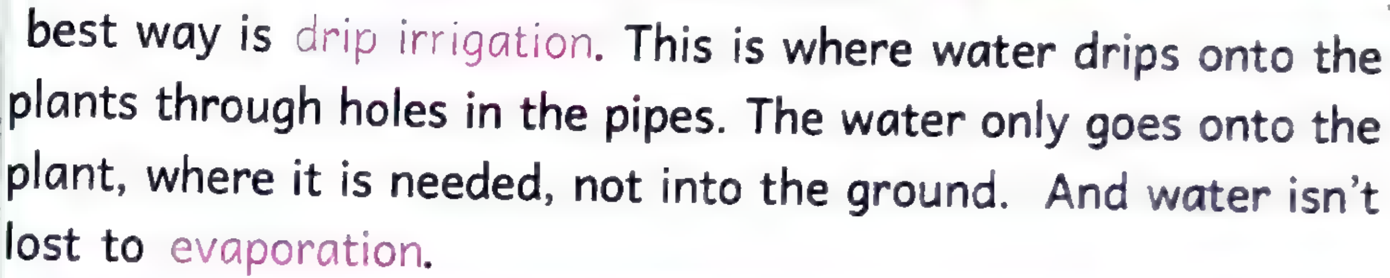
Ancient Egyptians used irrigation in the past, and people still need it today. Irrigation systems have changed over time and now they can carry more water. The problem with modern irrigation is that it can take too much water out of rivers, lakes, and springs.

استخدم المصريون القدماء الري في الماضي، ومازال الناس بحاجة إليه اليوم. لقد تغيرت أنظمة الري بمرور الوقت وأصبح بإمكانها الآن حمل المزيد من المياه. تكمن مشكلة الري الحديث في أنه يمكن أن يأخذ الكثير من المياه من الأنهار والبحيرات والينابيع.

2 Drip, flood and spray التنقيط والغمر والرش



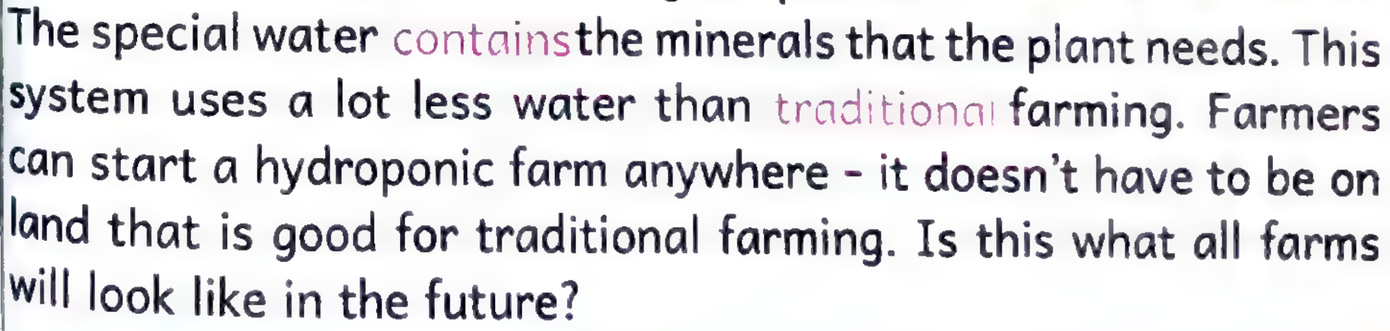
There are different ways to irrigate a field. Flood irrigation covers a whole field in water. Or there are systems that spray water across a field. Both these types can waste water. The best way is drip irrigation. This is where water drips onto the plants through holes in the pipes. The water only goes onto the plant, where it is needed, not into the ground. And water isn't lost to evaporation.



هناك طرق مختلفة لري الحقل. الري بالغمر يغطي الحقل بالكامل بالماء. أو هناك أنظمة لرش الماء عبر الحقل. كلا النوعين يمكن أن يهدر الماء. أفضل طريقة هي الري بالتنقيط. هذا هو المكان الذي تقطر فيه المياه على النباتات من خلال الثقوب في الأنابيب. الماء يذهب فقط إلى النبات حيث يحتاج وليس في الأرض. ولا يتم خسارة الماء بسبب عملية التبخير.

3 Hydroponic farming الزراعة المائية

A new way of farming in dry countries is hydroponic farming. This is a modern technology that is useful in dry countries. It uses only water, not soil, to grow plants. The special water contains the minerals that the plant needs. This system uses a lot less water than traditional farming. Farmers can start a hydroponic farm anywhere - it doesn't have to be on land that is good for traditional farming. Is this what all farms will look like in the future?

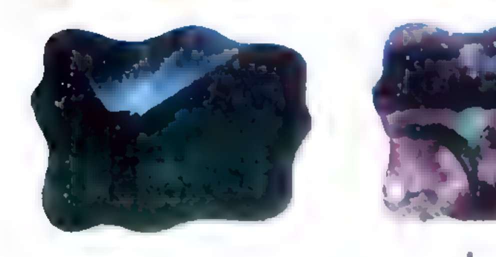
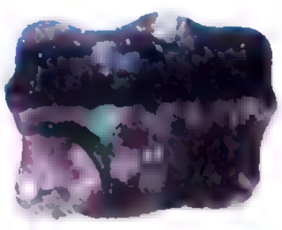
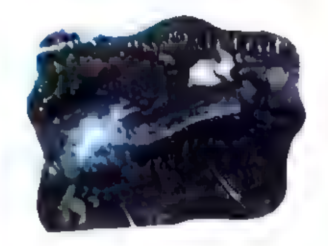
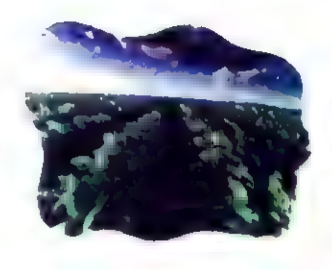


الزراعة المائية هى طريقة جديدة للزراعة في البلدان الجافة. هى تقنية حديثة ومفيدة في البلدان الجافة. إنها تستخدم الماء فقط وليس التربة لزراعة النباتات. تحتوى المياه الخاصة على المعادن التي يحتاجها النبات. يستخدم هذا النظام كمية أقل من المياه مقارنة بالزراعة التقليدية. يمكن للمزارعين بدأ الزراعة المائية في أى مكان - ليس من الضرورى أن تكون على أرض جيدة للزراعة التقليدية. هل هذا ما ستبدو عليه جميع المزارع في المستقبل؟



Activities

1 Look and complete.

sp_ _y　　d_ _p　　fl_ _d　　c_ _p



2 Choose the correct word(s).

1. Plants need (moonlight - sunlight - night), food and water.
2. Hydroponic farming use only (air - water land), not soil to grow plants.
3. Hydroponic farming uses (more - less - a lot) water than traditional farming.
4. Farmers use (bikes - pumps - animals) to move water to their fields.
5. You don't need good land to start a (hydroponic drip - spray) farming.
6. There are (vitamins minerals - materials) in the water that the plants need.

3 Read and match.

1. There isn't enough
2. Plants need
3. Farmers in dry countries

a) need to use irrigation.
b) rainfall to water the crops.
c) sunlight and water.

1- (　　)　　2- (　　)　　3- (　　)

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

4 Read the passage, then answer the questions.

Farmers in dry countries need to water their crops. There isn't enough rainfall to give the crops all the water they need so they use irrigation. This means bringing water in through pipes, from wells, canals, or other sources of water. Farmers also use pumps to move water from rivers or wells to the fields.

A) Choose the correct answer.

1. Farmers bring water in through (lines - pipes - trucks) from wells or canals.
2. (Modern - Old - Good) irrigation can take too much water.

B) Answer the following questions.

3. What can farmers use to move water out of rivers or wells?
....
4. What do farmers in dry countries need?
....

5 Read and complete.

problem - irrigation - systems

Ancient Egyptians used irrigation in the past, and people still need it today. Irrigation (1) .... have changed over time and now they can carry more water. The (2) .... with modern (3) .... is that it can take too much water out of rivers, lakes, and springs.

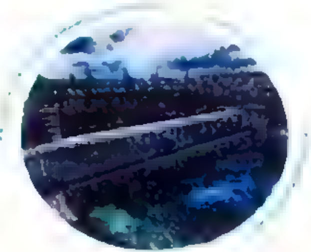
Lesson (8)

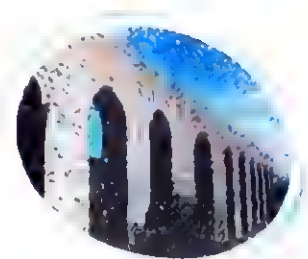
Skills - Reading
CLIL: Science

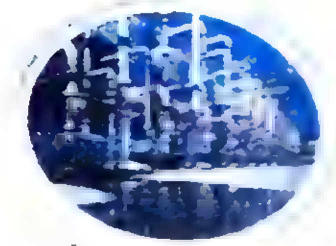
Water engineering الهندسة المائية

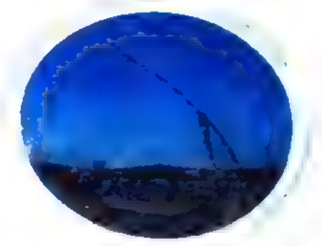

waterwheel
ساقية

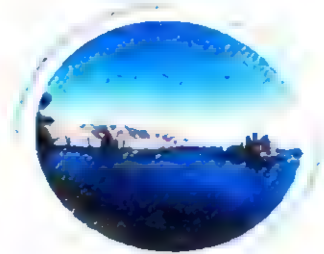

turbine
محرك / التوربين


High Dam
السد العالى

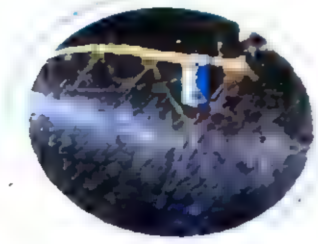

aqueduct
قناة مائية

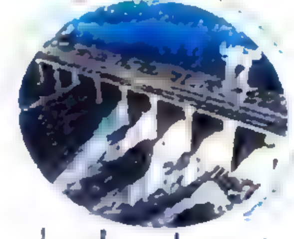

desalination
تحلية المياه المالحة


shadoof
شادوف


lake
بحيرة


oasis
واحة


machine


hydroelectric
الطاقة الكهرومائية


ox / oxen
ثور / ثيران



Definitions

desalination	taking salt out of sea water	
aqueduct	It carries water long distances.	قناة مائية
turbine	a wheel that uses running water to create energy	توربين
dam	a barrier created to stop the flow of water in a river	
waterwheel	It turns around like a wheel.	ساقية
shadoof	It is used with a bucket that goes into a well and brings up water.	شادوف

Help your child identify these words.
ساعد طفلك أن يتعرف على هذه الكلمات.

Look and read.

Water Engineering هندسة المياه

In the past في الماضي

Waterwheels used the energy of running water to move machines. The wheel is in a river, and the water makes it go round. The oldest picture of a waterwheel is from Egypt over 2,500 years ago!
People have used waterwheels to help with irrigation and drinking water for a long time. They are very important today, too. Fayoum has more than 200 waterwheels.

تستخدم السواقي طاقة المياه الجارية لتحريك الآلات. تكون الساقية في النهر ويجعلها الماء تدور. أقدم صورة لساقية مياه [illegible] عام! يستخدم الناس السواقي للمساعدة في الري وشرب المياه لفترة طويلة. إنها مهمة جدا اليوم أيضا. يوجد في الفيوم أكثر من ٢٠٠ ساقية.



People built aqueducts in the past to move water from wells or rivers into cities. The aqueduct of Cairo took water from the Nile the Citadel of Cairo. The water ran from a well into a canal on top of a wall.
Later, people built a tall tower with a well inside it. Water could move up inside the tower with six waterwheels. They used oxen to make the wheels go round. When water got to the top of the tower, it could go down the aqueduct to the citadel because of gravity. People built aqueducts in ancient Greece and ancient Rome as well. They could move water from high up in the mountains to cities where people needed it.

بنى الناس القنوات المائية في الماضي لنقل المياه من الآبار أو الأنهار إلى المدن. كانت قناة القاهرة المائية [illegible] القلعة بالقاهرة. كانت المياه تتدفق من بئر إلى قناة على سور. في وقت لاحق، بنى الناس برجا طويلا بداخله بئر. كانت [illegible] البرج بستة سواقي. استخدموا الثيران لجعل العجلات تدور. عندما يصل الماء إلى قمة البرج، كان يمكن [illegible] القلعة بسبب الجاذبية. بنى الناس قنوات مائية في اليونان القديمة وروما القديمة أيضًا. استطاعوا نقل المياه من [illegible] إلى المدن حيث يحتاج الناس إليها.

Today.... اليوم



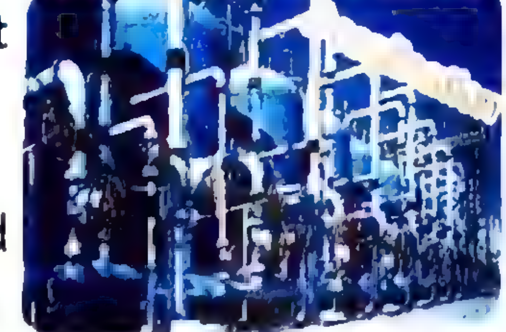


The High Dam is famous because it is one of the largest dams in the world. When the Nile flooded in the past, too much water went onto the land. Now, the dam can control the water and stop flooding.

يشتهر السد العالي بكونه من أكبر السدود في العالم. عندما كان يفيض النيل في الماضي، كانت مياهه تغمر الأرض. الآن، يمكن للسد التحكم في المياه ووقف الفيضانات.

The dam stops the water in the River Nile and makes Lake Nasser. This helps to provide Egypt with enough water. The moving water turns a turbine to make hydroelectric power, so the dam gives us electricity, too. A turbine turns round, just like a wheel does. When people built the dam, they had to move the ancient monuments at Abu Simbel to higher ground!

يوقف السد المياه في نهر النيل ويكون بحيرة ناصر. هذا يساعد على تزويد مصر بما يكفي من المياه. يدير الماء المتحرك التوربينات لتوليد الطاقة الكهرومائية. وبالتالي يمدنا السد بالكهرباء أيضًا. يدور التوربين تمامًا كما تدور العجلة. عندما بنى الناس السد، كان عليهم نقل الآثار القديمة في أبو سمبل إلى أرض أكثر ارتفاعًا!



Desalination means taking the salt out of sea water to get fresh water. It is useful in countries which don't have a lot of water. It can be expensive and use a lot of energy, but engineers are developing new technologies that use less energy and cost less money. In the future, people will get more fresh water from desalination.

تحلية المياه تعني إخراج الملح من مياه البحر للحصول على المياه العذبة. إنه مفيد في البلدان التي ليس لديها الكثير من المياه. قد تكون باهظة الثمن وتستهلك قدرًا كثيرًا من الطاقة. لكن المهندسين يطورون تقنيات جديدة تستخدم طاقة أقل وتكلفة أقل. في المستقبل، سيحصل الناس على المزيد من المياه العذبة من تحلية المياه.

Look and read.

Name: A shadoof
New or old: old
Where is it used? At an oasis in the desert
How does it work? A bucket goes into a well and brings water

A shadoof

A shadoof is a tool used for irrigation. It's old. Farmers use it at an oasis in the desert to bring water from a well. A bucket goes into a well and brings up water.

Activities

1 Choose the correct word(s).

1. (Cars - Sea wheels - Waterwheels) used the energy of running water to move machines.
2. People have used (waterwheels - cars - turbines) to help with irrigation.
3. People built (dams - waterwheels - aqueducts) in the past to move water from wells or rivers into cities.
4. People used (turbines - cars - oxen) to make the wheels go round.
5. The High Dam is (dangerous - famous - generous) because it is the largest dam in the world.
6. (Irrigation - Desalination - Deforestation) means taking the salt out of sea water to get fresh water.

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

2 Read and match.

1. desalination
2. aqueduct
3. waterwheel
4. dam
5. turbine

a) a barrier created to stop water in river.
b) It turns around like a wheel.
c) taking salt out of sea water.
d) a wheel that uses running water to create energy.
e) It carries water long distances.

1-(   ) 2-(   ) 3-(   ) 4-(   ) 5-(   )

3 Read the passage, then answer the questions.

Desalination means taking the salt out of sea water to get fresh water. It is useful in countries like Egypt which doesn't have a lot of water. It can be expensive and use a lot of energy, but engineers are developing new technologies that use less energy and cost less money. In the future, people will get more fresh water from desalination.

A) wer.

1. Engineers are developing new technologies that use (more - less - a lot of) energy.
2. People will get more fresh water from (pollution - desalination - station).

B) Answer the following questions.

3. What does "Desalination" mean?

....

4. Does desalination use a lot of energy or little energy?

....

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

4 Fill in the spaces with:

shadoof - Desalination - Waterwheels - aqueduct

1. .... can help with irrigation.
2. .... costs more money.
3. A .... is used to get water from a well.
4. An .... moves water from wells or rivers into cities.

5 Read and complete.

canal - citadel - tower

This is the Cairo Citadel Aqueduct. Water ran from a well into a (1) .... on top of a wall. There was a well and six waterwheels inside a tall (2) .... Oxen made the wheels go around. Then water could move up inside the tower. When water got to the top of the tower, it went down the aqueduct to the (3) ....

electricity - Turbines

The High Dam is the biggest dam in the world.

(1) .... in the dam create hydroelectric power. This power creates (2) ....

6 Copy the following sentence.

The High Dam is one of the largest dams in the world.

....

....

Help your child deal with such questions.

1 Look and complete.

p _ _ p s _nd _ags ra _nf _ll d _nger _us

2 Complete the following dialogue with:

flood - emergency - injured - job

Mariam :What is your father's ....(1).......... ?
Mona :He's an ....(2).......... responder.
Mariam :What does he do when there is a (3).......... ?
Mona :He helps people who are sick or ...(4).......... .

3 Choose the correct word(s).

1. In a flood, people can put up a (pipe - barrier - drain) to stop water in the street.
2. To (collapse - predict - protect) is to fall down.
3. To (warn - install - minimize) is to put something in.
4. There aren't (too much - much - enough) apples in the box.
5. There are too (much - many - enough) rulers.

4 Read and match.

1. A dam stops
2. Sandbags are used
3. Meteorologists
4. Wash away is

a) to carry away something with water.
b) water in a river.
c) to keep water out of buildings.
d) study the weather.

1-( ) 2-( ) 3-( ) 4-( )

Help your child deal with such questions.
ساعد طفلك ل يتعامل مع مثل هذه الأسئلة

5 Read the passage, then answer the questions.

Waterwheels used the energy of running water to move machines. The wheel is in a river, and the water makes it go round. The oldest picture of a waterwheel is from Egypt over 2,500 years ago! People have used waterwheels to help with irrigation and drinking water for a long time. They are very important today, too. Fayoum has more than 200 waterwheels.

A) Choose the correct answer.

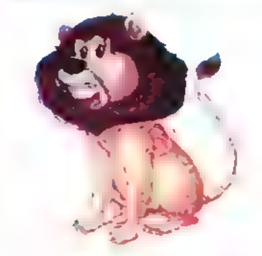
1. Fayoum has more than (2,500 - 20 - 200) waterwheels.
2. People have used waterwheels to help with irrigation and drinking (milk - water - coffee).

B) Answer the following questions.

3. Where is the oldest picture of waterwheel from?
....
4. Why did waterwheels use the energy of running water?
....

6 Look and write a sentence under each picture.

1



lion - dangerous

2



volunteers - help

7 Copy the following sentence.

The High Dam is famous.

....

....

Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



CONNECT PLUS

Final Revision


Fares and the Fish
فارس والسمكة



Fares and the Fish

The Characters

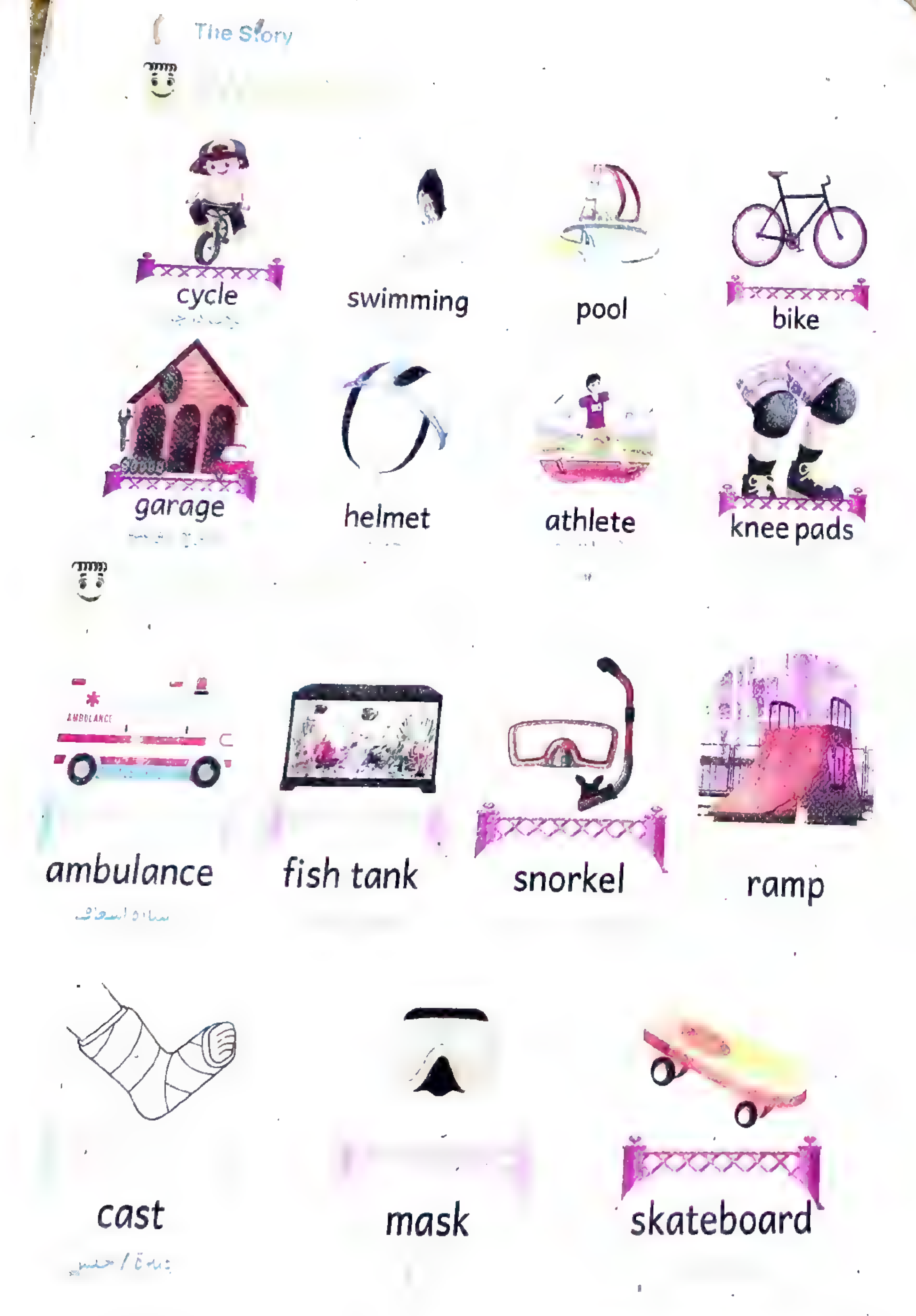
Fares

Dalia

Wael

Adam

Story



The Story - Fares and the Fish

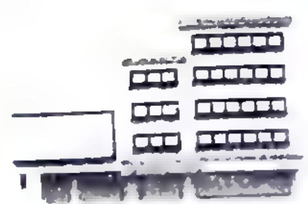
Help your child identify the new vocabulary of the story. ساعد طفلك أن يتعرف على المفردات اللغوية الجديدة في القصة.



the pool



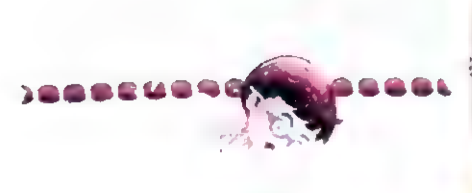
the park



the hospital



home



The Beginning

Fares loved swimming and he went swimming every day.

He wanted to be an athlete.



The Middle

Fares saw his friends in the park and they were on their skateboards.

Fares stood and went very fast. He slipped and fell.

His leg was broken. He became angry and sad.

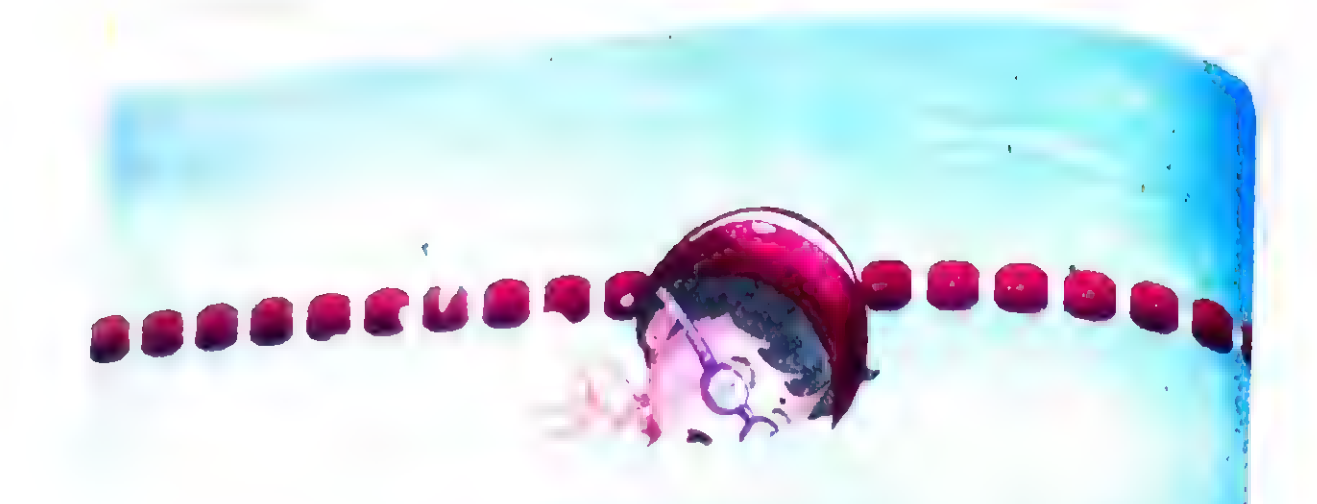


The End

At the end, his leg got better.

He went to the sea, snorkelled and swam again.

Help your child read the story plot and the picture dictionary. ساعد طفلك أن يقرأ حبكة القصة والقاموس المصور



Fares lived in Hurghada with his family. He loved swimming. He went swimming every day and trained in the pool for an hour. He wanted to be an athlete and to win lots of competitions.

كان فارس يعيش في الغردقة مع أسرته

وكان يريد أن يكون لاعبًا



Fares and his family lived close to the sports center. Sometimes he walked to the pool with his mom or dad.

كان فارس

Help your child read and follow the events of the story.

ساعد طفلك أن يقرأ و يتابع أحداث القصة.



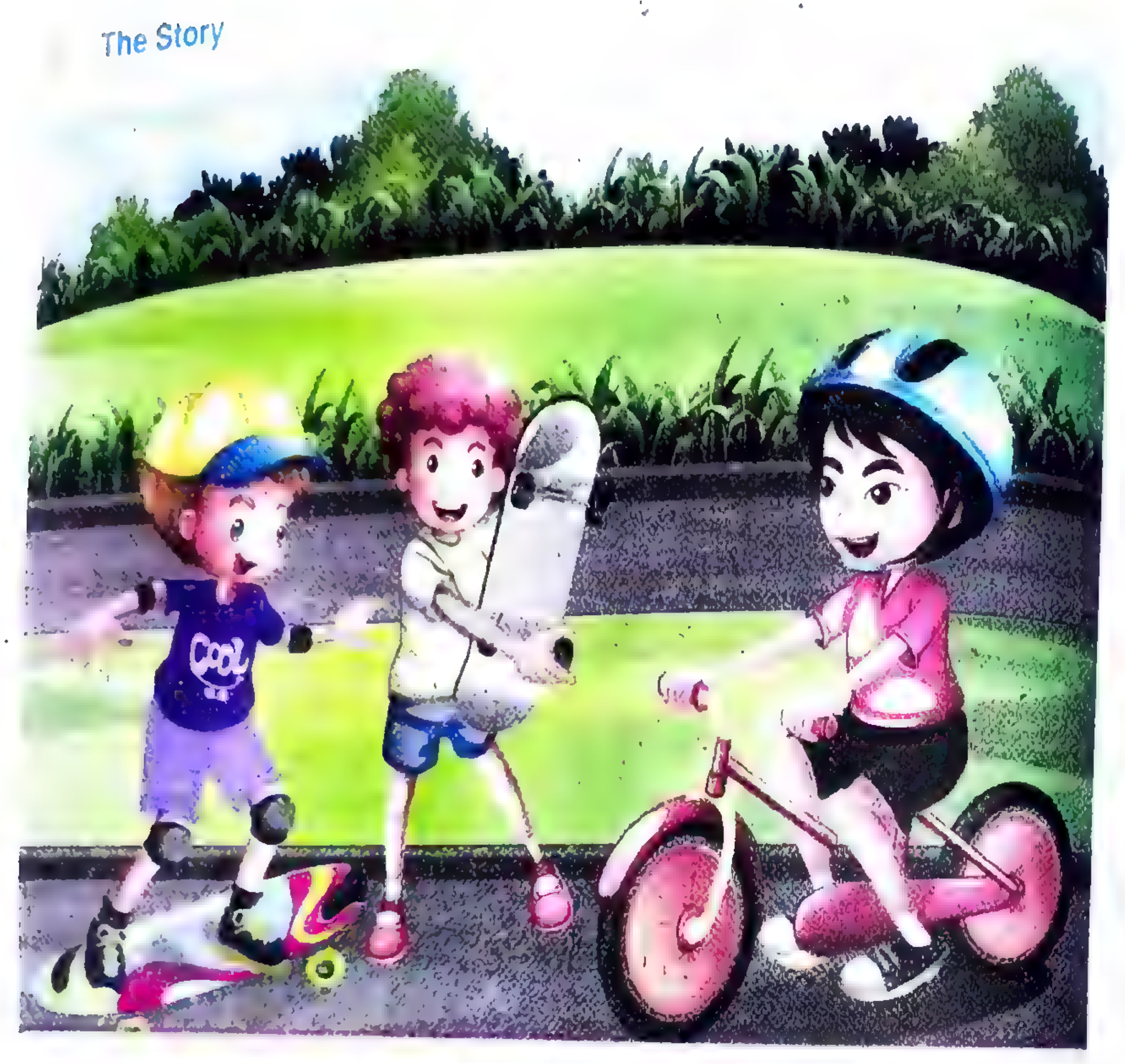
Sometimes he cycled to the pool.



One day, Fares got his bike out of the garage so he could cycle to the sports center. "Have you got your cycle helmet, Fares?" asked his mom. "Yes Mom, of course," said Fares, putting on his helmet. "See you soon!" Fares cycled through the park. It was a sunny morning and he felt happy.

... (الدراجة) ليركبها إلى المركز الرياضي. وسألته أمه "هل اخذت خوذة ركوب

... أراك قريبًا!" ثم ركب فارس دراجته عبر الحديقة. كان صباحًا مشمسًا وكان



In the park, Fares saw his friends. They were on their skateboards. “Be careful, Adam,” said Fares. “Why aren’t you wearing a helmet or knee pads?” “I don’t need to,” said Adam. “I’m really good at skateboarding“. “I haven’t tried skateboarding before,” said Fares. “It looks fun!” “Do you want to try?” asked Adam. “Yes, please!” said Fares.

رأى فارس أصدقاءه في الحديقة وكانوا يركبون ألواح التزلج الخاصة بهم، قال فارس: "كن حريصا يا آدم، لماذا لا ترتدي خوذة أو واقي الركبتين؟" قال آدم "لست بحاجة لذلك، فأنا جيد في التزلج." قال فارس [illegible] أجرب التزلج من قبل، ويبدو أنه ممتعًا!" فسأله آدم "هل تريد أن تجرب؟" فقال فارس "نعم، من فضلك!"

Help your child read and follow the events of the story.
ساعد طفلك أن يقرأ و يتابع أحداث القصة.



1 Read and answer the following questions.

1. Where did Fares live?
....
2. How did Fares go to the pool?
....
3. Why did Fares get his bike out of the garage?
....
4. What were his friends doing in the park?
....

2 Read and write True (T) or False (F).

1. Fares trained in the pool for an hour.
2. Fares went to the pool with his friends.
3. Fares walked through the park.
4. Adam was wearing a helmet and a knee pad.

3 Read and complete the sentences.

1. Fares wanted to be an ....
2. Fares and his family lived close to the ....
3. Fares wanted to win a lot of ....
4. Sometimes Fares .... to the pool.
5. It was a .... morning.



Fares stood at the top of the ramp. “How high is it?” he asked Adam. “I don’t know,” said Adam. “It isn’t very high. It’s easy!”

وقف فارس على قمة لمنحدر وسأل آدم "كم ارتفاع هذا المنحدر؟" فقال آدم " لا أعرف، إنه ليس مرتفعا جدًا. إنه سهل!"

Help your child read and follow the events of the story.
ساعد طفلك أن يقرأ و يتابع أحداث القصة.



Fares stood on the skateboard and pushed with his feet. He went quickly down the ramp - but he was too fast! Fares slipped and fell.

وقف فارس على سطح اللوح ودفع بقدميه، فنزل بسرعة على المنحدر و لكنه كان مسرعًا جدًا! فانزلق فارس وسقط.



"Are you OK?" asked Adam. He was worried. "No," said Fares. "My leg hurts." "Can you move it?" asked Adam. "No, I can't," said Fares.

سأله آدم: "هل أنت بخير؟" وكان آدم قلق. قال فارس: "لا، إن ساقي تؤلمني." سأله آدم "هل تستطيع أن تحركها؟" قال فارس "لا أستطيع."

Help your child read and follow the events of the story.
ساعد طفلك أن يقرأ و يتابع أحداث القصة.



"It might be broken," said Adam. "I'm going to call your mom, and then I'm going to call an ambulance." "Oh no," said Fares. "I won't be able to swim!"

قال آدم "ربما تكون مكسورة، سأتصل بأمك ثم سأتصل بسيارة لإسعاف." فقال فرس "أوه، لا. لن أكون قدرا على لسباحة!"



At the hospital, Fares had an x-ray. "I'm sorry," said the doctor. "Your leg is broken. Look at this." Fares saw his bone on the photo. "You will have to wear a cast for about six weeks," said the doctor. Fares was very sad.

وفي المستشفى أجرى فارس إشعة. قال الطبيب "آسف، إن ساقك مكسورة. انظر إلى هذا." رأى فارس عظمته في صورة الأشعة. قال الطبيب "يجب أن تضع جبيرة لمدة ستة أسابيع." كان فارس حزينًا جدًا.

Help your child read and follow the events of the story.
ساعد طفلك أن يقرأ و يتابع أحداث القصة.



1 Read and answer the following questions.

1. Where did Fares stand?
2. What happened when Fares went quickly down the ramp?
3. What did Adam call?
4. What will Fares have to wear?

2 Read and write True (T) or False (F).

1. Fares stood at the top of the ramp.
2. Fares's hand hurts.
3. Fares could move.
4. Fares's leg was broken.

3 Read and complete the sentences.

1. Fares stood at the top of the ....
2. Fares went .... down the ramp.
3. Fares slipped and ....
4. Fares couldn't ....
5. Adam called an ....
6. At the hospital, Fares had an ....
7. Fares saw his .... on the photo.
8. Fares will have to wear a .... for about six weeks.

Vocabulary



At home, Fares lay down on his bed. He was angry and sad, and his leg hurt. “Do you want to come and watch TV, Fares?” asked his little brother Wael. “No,” said Fares. “Do you want to borrow my comic, Fares?” asked his sister Dalia. “No,” said Fares. “Go away.”

وفي البيت رقد فارس في فراشه وكان غاضبا وحزينا، وكانت ساقه تؤلمه، وسأله أخوه الصغير وائل "هل تريد أن تأتي وتشاهد التلفاز يا فارس؟" قال فارس "لا" سألته أخته داليا "هل تريد أن تستعير مجلتي المصورة يا فارس؟" "قال فارس "لا، ابتعد عني."

Help your child read and follow the events of the story
ساعد طفلك أن يقرأ و يتابع أحداث القصة.



Later that evening, Fares [illegible] to his family . "I'm sorry I was rude," he said. "I know you are trying to help me. I'm angry and sad because I had a [illegible], and now I can't swim." "Don't worry , Fares," said Mom. "We [illegible]. Let's watch a movie together." "Thank you," said Fares.

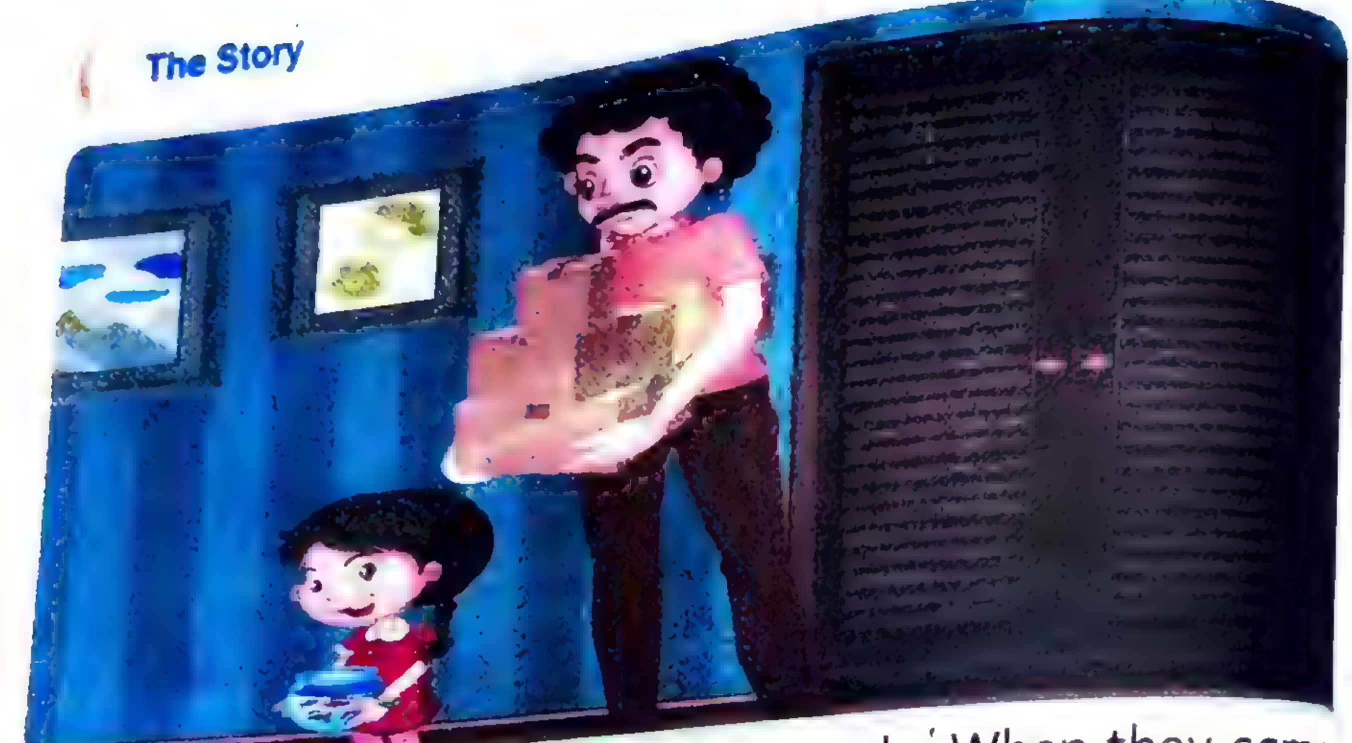
[illegible] أسف. لقد كنت وقحا. اعرف أنكم تحاولون مساعدتي، ولكني غاضب
[illegible] "لا تقلق يا فارس. فنحن نتفهم ذلك. هيا بنا نشاهد فيلمًا
[illegible]



They watched a movie and then the children went to bed. But Fares' mom and dad were worried. Fares was usually happy and kind. "I don't like seeing Fares so sad," said Dad. "What can we do?" asked Mom. "He wants to swim, but he can't."

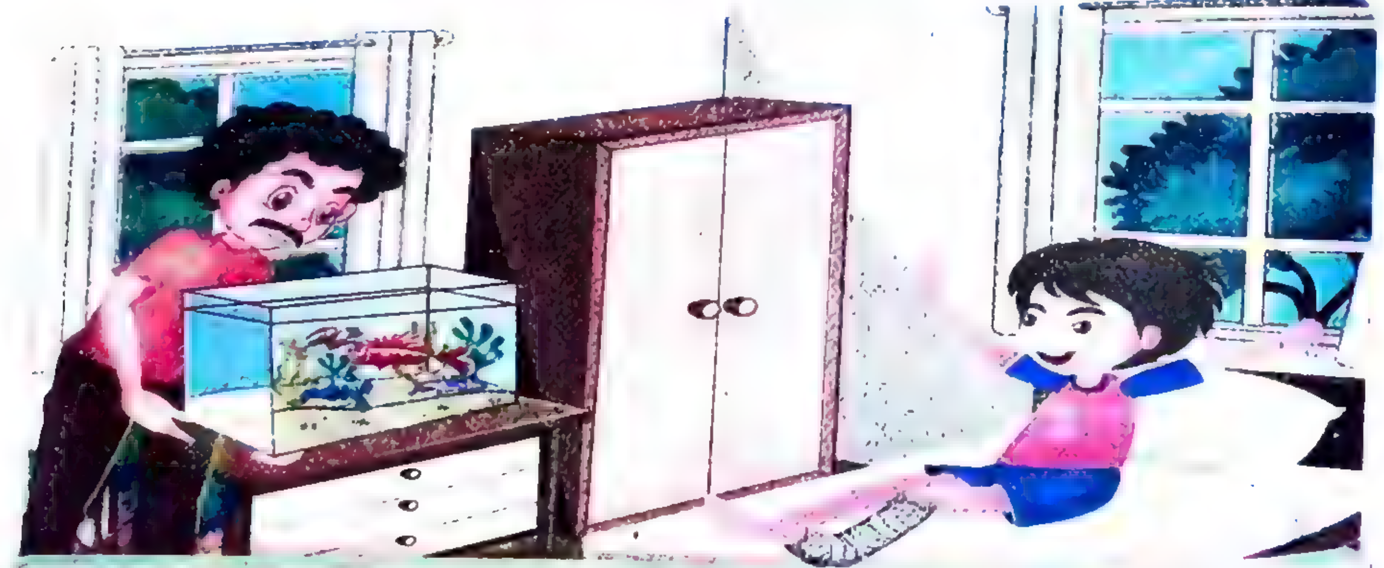
[illegible] الفيلم، ثم ذهب الأطفال ليناموا، لكن أم فارس وأباه كانا قلقين، فقد كان فارس عادة سعيدًا ولطيفًا. قال الأب "لا
[illegible] فارس حزينًا جدا!" سألته الأم "ماذا يمكننا أن نفعل؟ إنه يريد أن يسبح ولكنه لا يستطيع."

Help your child read and follow the events of the story.
ساعد طفلك أن يقرأ و يتابع أحداث القصة



The next day, Dad and Dalia went out early. When they came back, they had lots of boxes. They took the boxes into the kitchen. "What are you doing?" asked Mom. "It's a surprise," said Dalia.

وفي اليوم التالي خرج الأب وداليا في الصباح الباكر، وعندما عادا كان معهما الكثير من الصناديق. وأخذا الصناديق إلى المطبخ.
سألت الأم "ماذا تفعلان؟" قالت داليا "إنها مفاجأة."



Later, Dad went to see Fares. "Fares, look at this," he said. He carried a large fish tank into the room and put it on the table at the end of the bed. Fares looked. He could see lots of beautiful fish. "They're beautiful!" he said. "Thank you!"

وفي وقت لاحق ذهب الأب لرؤية فارس وقال له "يا فارس، انظر إلى هذا." كان الأب يحمل حوض سمك كبير ودخل به إلى الغرفة ووضعه على الطاولة التي عند طرف السرير. نظر فارس ورأى الكثير من الأسماك الجميلة. قال فارس "إنها جميلة! شكرًا لك!"

Help your child read and follow the events of the story.
ساعد طفلك أن يقرأ و يتابع أحداث القصة.

Activities

1 Read and answer the following questions.

Where did Fares lie down?

Why was Fares angry?

What did they watch?

What did Fares' Dad bring for Fares?

2 Read and write True (T) or False (F).

Fares was angry and sad because his leg hurt.

Fares borrowed his sister's comic.

Fares can swim now.

There were beautiful fish in the fish tank.

3 Read and complete the sentences.

1. At home, Fares lay down on his ....
2. Fares apologized to his .... because he was rude.
3. Fares was angry because he had a stupid ....
4. Now Fares can't ....
5. Fares' Mom and Dad were .... about Fares.
6. Fares was usually .... and kind.
7. Dad carried a large .... into the room.
8. Fares could see lots of beautiful ....

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة



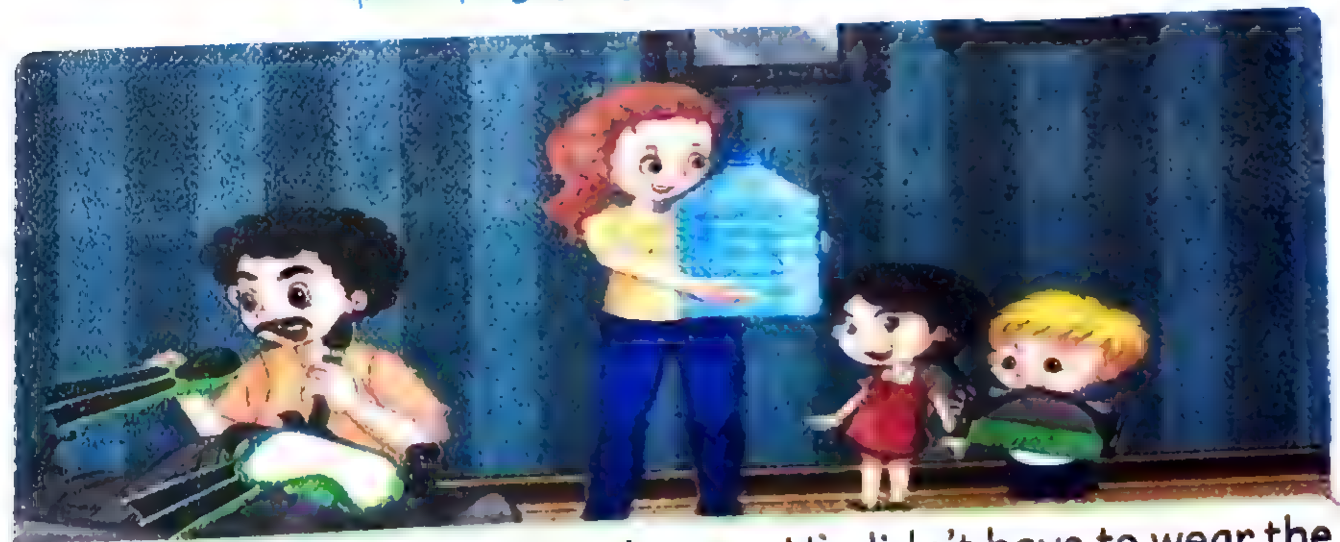
"How many fish can you see?" asked Wael. "I can see lots of fish! There are too many to count! I love them!" Fares was very happy.

سأله وائل "كم عدد الأسماك التي يمكن أن تراها؟" قال فارس "أستطيع أن أرى أسماكا كثيرة! يوجد الكثير ولا يمكنني عدهم! أنا أحبهم!" كان فارس سعيدًا جدًا.



Fares enjoyed watching the fish. He learned the names of the different types of fish. He fed them and kept their water clean. Fares was happy and he rested. Slowly, his leg got better. "Soon I'll be able to swim, like you," he said to his fish.

استمتع فارس بمشاهدة الأسماك، و تعلم أسماء الأنواع المختلفة منها. وكان يطعمها ويحافظ على نظافة مياهها. كان فارس سعيدًا واستراح. وبدأت ساقه تتحسن ببطء، قال فارس لأسماكه "قريبا سأكون قادرا على السباحة مثلكم."



After two months, Fares was better. He didn't have to wear the cast, and he could walk and run. "Let's go to the beach!", said his mom. The family packed their things for a day at the beach. "I want to swim in the sea!" said Wael. "So do I!" said Fares.

وبعد شهرين تحسنت حالة فارس، ولم يعد بحاجة إلى وضع الجبيرة واستطاع أن يمشي ويجري. قالت أمه: "هيًا نذهب إلى الشاطئ!" وحزمت الأسرة أمتعتها لقضاء يوم على الشاطئ. قال وائل "أريد أن أسبح في البحر!" فقال فارس "وأنا أيضًا!"



At the beach, Dad had another surprise. "Put on this mask and snorkel, Fares," he said. "You can swim and breathe underwater." Fares went into the sea, and he looked under the water. He could see lots of fish! "It's so beautiful. I want to swim like a fish!" he laughed.

وعلى الشاطئ كان لدى الأب مفاجأة أخرى. و قال "ارتدِ هذا القناع وأنبوب التنفس يا فارس، يمكنك أن تسبح وتتنفس تحت الماء." نزل فارس الى البحر ونظر تحت الماء، و استطاع أن يرى الكثير من الأسماك! وضحك قائلاً "هذا جميل جدًا. اريد أن اسبح مثل السمكة!"

Help your child read and follow the events of the story.
ساعد طفلك ان يقرأ و يتابع أحداث القصة.



Activities

1 Read and answer the following questions.

What did Fares enjoy?

What did Fares learn?

What did Fares' father give him at the beach?

What could Fares see in the water?

2 Read and write True (T) or False (F).

There were a lot of fish in the tank.

Fares didn't enjoy watching the fish.

Fares learned the names of different types of fish.

Fares' leg didn't get better.

Fares could swim and breathe underwater with the mask and snorkel.

3 Read and complete the sentences.

Fares loved the ....

Fares learned the .... of the different types of fish.

Fares' .... got better.

Fares will be able to .... like a fish.

Fares' family packed their things for a day at the ....

Fares' dad gave him a .... and a snorkel.

Fares could .... and breathe underwater.

Fares wanted to swim like a ....

General Activities

1 Read and write True (T) or False (F).

1. Fares went swimming every day.
2. Fares always went to the sports center by car.
3. Fares wanted to try skateboarding.
4. Adam phoned an ambulance.
5. Fares was happy when he had to wear a cast.
6. Dalia and Wael were kind to Fares.
7. Dad and Dalia had a surprise for Fares.
8. Fares didn't like the fish.

2 Read and match.

1. Fares wanted to be
2. Fares always wore
3. Fares went down the ramp
4. Fares couldn't
5. The doctor showed Fares
6. Fares had to wear

a) too quickly.
b) a cast on his leg.
c) a cycle helmet when he rode his bike.
d) an x-ray.
e) move his leg.
f) an athlete.

1-(   ) 2-(   ) 3-(   ) 4-(   ) 5-(   ) 6-(   )

3 Who says it?

1. "I'm really good at skateboarding." (   )
2. "It isn't very high." (   )
3. "I won't be able to swim!" (   )

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

"Do you want to come and watch TV?" (..................)

"It's a surprise." (..................)

"How many fish can you see?" (..................)

4 Read and correct the bold words. Write the correct sentence.

Fares sometimes **ran** to the pool with his mom.

....

Fares's mom and dad were **angry** because Fares was usually happy and kind.

....

Dad bought Fares a fish tank because he couldn't **skateboard.**

....

Fares thought the fish were **strange.**

....

Fares enjoyed **drawing** the fish.

....

5 Read and answer the following questions.

Why was Fares angry and sad?

....

How did Dalia and Wael try to help Fares?

....

Was Fares kind to them?

....

What did Fares say to his family later that evening?

....

Where did the family go when Fares was better?

....

What did they want to do there?

....

What did Fares's dad give him? Why?

....

What did Fares see in the water?

....

How do you think Fares felt?

Help your child deal with such questions.

Unit (1) At the track

Vocabulary

sports event	حدث	athlete	لاعب رياضي
medal		team	فريق
race	سباق	track	مضمار السباق
runner	عدّاء	fit	لائق بدنيا
win	يفوز	jump	يقفز
throw	يرمي	measure	يقيس
centimeter	سنتيمتر	listen	يستمع
support	يدعم / يساند	have fun	يمرح
make fun of	يسخر من	tell secrets	يفشي الأسرار
snack	وجبة خفيفة	tired	متعب
far	بعيد	difficult	صعب
slow	بطيء	fast	سريع
high	عالٍ / مرتفع	spread rumors	ينشر شائعات

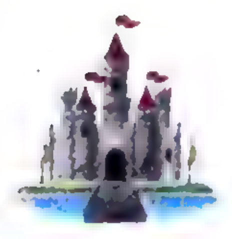


Soft "c" /s/


race
سباق


distance
مسافة


city
مدينة


citadel
قلعة


ice
ثلج


space
فضاء


mice
فئران

Help your child revise unit (1).
ساعد طفلك أن يراجع الوحدة الأولى.


face
وجه


pencil
قلم رصاص


bicycle
دراجة


policeman
رجل شرطة


sports center
مركز رياضي


Hard
"c" /k/


cake
كعكة / تورتة


camel
جمل


coffee
قهوة


carrot
جزرة


cookie
كعكة محلاة


camera
كاميرا


plastic
بلاستيك


music
موسيقى


cold
بارد

Language

Comparative & Superlative

Comparative صيغة المقارنة

adj. صفة / adv. حال + er + than

e.g. Hana is faster than Sara.   e.g. Hana runs faster than Sara.

Superlative صيغة التفضيل

the + adj. / adv. + est

e.g. Ahmed is the fastest boy.   e.g. Ahmed runs the fastest.

The Future with (will)

Form

Subject + will + inf. (مصدر الفعل)

e.g. He will win the race.

Keywords

tomorrow	غداً	next (Sunday .....)	القادم (الأحد/ .. ..)
in the future	في المستقبل	I think	أعتقد

Negative

Subject + will not (won't) + inf. مصدر الفعل ......

e.g. It won't be easy to win today.

(Yes / No) question

Will + subject + inf. مصدر لفعل ......?

e.g. Will it be a good competition? - Yes, it will. - No, it won't.

Wh- question

Question word + will + subject + inf. مصدر الفعل ....?

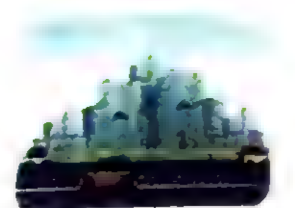
e.g. When will the event be? - It will be tomorrow.

Activities on unit (1)

1 Look and complete.


a_ _lete


ra_e


_ity


pen_ _l

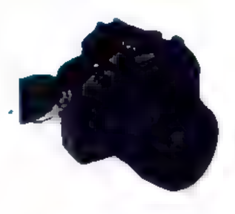

i_e

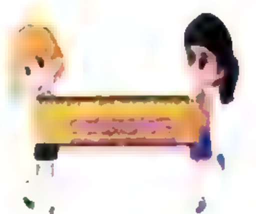

sn_ck


_amel


m_d_l


r_nn_r

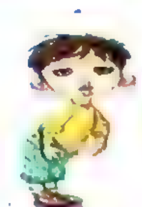

_amera


dis_an_e


pl_st_c

2 Look at the pictures and unscramble the letters.

r i d
t e



e t
m a




h h
i g



k
e a



i c
t y



l s
o w



Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة



3 Choose the correct word. (Vocabulary)

1. The race is a (measuring - map - distance) of 600 kilometers.
2. There's a big sports (event - distance - map).
3. Ali can (jump - win - throw) the ball far away.
4. Four athletes will (compete - write - read) in the 600 meter race.
5. They (go - do - make) a lot of exercise.
6. "Difficult" is the opposite of (long - tall - easy).
7. Never (make - do - go) fun of your friends.
8. If you make your friend sad, it's good to (pressure - spread - apologize).
9. Never (spread - spend - speak) rumors about your friends.
10. A famous footballer (spread - played - scored) 32 goals.
11. There are 60 seconds in a (minute - week - day).
12. How (tall - fast - short) can you run?
13. She will get a (medal - race - winner).
14. How (big - far - much) can she jump?
15. I do (exercise - race - hard) every day.

Choose the correct word. (Language)

Amira (will - won't - isn't) get a medal. She can't jump high.

I like (throw - throws - throwing) the ball.

They will (wins - win - winning) the competition.

Youssef ran three races today. He (won't - is - will) be tired.

I don't like throwing the ball (or - but - so) jumping.

Ali jumped the (farthest - far - farther).

I like helping Khalil (because - so - but) he's my friend.

(Listen - Listens - Listening) to your friend's ideas.

Sara wanted to try harder (so - but - because) she came second.

Will it (is - be - are) a good competition?

Who will (wins - winning - win) the race?

Who is the (tall - tallest - taller) athlete?

Kareem is (older - oldest - old) than Sherif.

4 Read and match.

They are wearing	to help a friend.
Will they be tired?	be happy.
The winner will	red and black T-shirts.
"Support a friend" is	No, they won't.

1-( ) 2-( ) 3-( ) 4-(

4 Read and match.

1. Did she win her last race? a) Yes, I do.
2. Never tell your friend's b) secrets to others.
3. Do you enjoy running? c) win the race?
4. Who will d) No, she didn't.

1- (   ) 2- (   ) 3- (   ) 4- (   )

5 Read the passage then answer the questions.

Today we're at the track. There are many athletes. They are training for a running competition. My friends and I are running, too. Sara runs faster than Ali. But Toka is the fastest. Mohamed likes jumping. He can jump really high. We have fun together.

A) Choose the correct answer.

1. There are many (teachers - girls - athletes) training at the track.
2. Mohamed likes (jumping - throwing - swimming).

B) Answer the following questions.

3. Where are you today?

....

4. Who is the fastest of your friends?

....

6 Look and write a sentence under each picture.



like - long jump

....



support - friends

....

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة



came - first



athletes - running

7 Read and rearrange the words to make correct sentences.

they - Will - tired - be - ?

big - There's - a - event - sports - .

high - How - can - he - jump - ?

was - Who - fastest - the - ?

it - be - Will - competition - a good - ?

sport - Which - easy - is - do - you - think - ?

running - I - like - jumping - and - .

do - you - win - Who - think - will - ?

your - Listen - ideas - to - friend's - .

Unit (2) Body matters

Vocabulary

Word	Meaning
body	
skeleton	
skull	جمجمة
ribs	ضلوع
bone	عظمة
jaw	فك
elbow	مرفق / كوع
knee	ركبة
muscles	عضلات
brain	مخ
heart	القلب
lungs	الرئتان
stomach	المعدة

Word	Meaning
veins	الأوردة
arteries	الشرايين
tongue	اللسان
saliva	اللعاب
digestion	الهضم
blood	الدم
knee pads	واقي الركبتين
helmet	خوذة
cycling	ركوب الدراجات
running	الجري
sleep	ينام
climb a mountain	يتسلق جبلًا



Long
"oo" /u:/


food
طعام


mood
حالة مزاجية


room
حجرة


moon
القمر


tool
أداة

Help your child revise unit (2).
ساعد طفلك أن يراجع الوحدة الثانية





book
كتاب



cook
يطبخ



good
جيد



foot
قدم



wood
خشب

Conjugation of verbs

Present		Past	PP
pump	يضخ	pumped	pumped
travel to	ينتقل إلى	traveled to	traveled to
control	يتحكم في	controled	controled
happen	يحدث	happened	happened
protect	يحمي	protected	protected
lift	يرفع	lifted	lifted
carry	يحمل	carried	carried
chew	يمضغ	chewed	chewed
swallow	يبلع	swallowed	swallowed
look after	يعتني	looked after	looked after
attach	يربط	attached	attached
damage	يحطم - يدمر	damaged	damaged
know	يعرف	knew	known
keep	يحفظ / يحافظ على	kept	kept
beat	(ينبض - يدق)	beat	beaten

Language

Future with "going to" زمن المستقبل باستخدام

Usage

We use "be going to" to talk about things we intend to do.

نستخدم be going to عند الحديث عن الأشياء التي ننوي فعلها.

Form

I	+ am	
He / She / It / Singular noun	+ is	+ going to + inf. ..
We / You / They / Plural noun	+ are	

e.g. I am going to wear a helmet.



e.g. She is going to go to bed early.



Keywords

tomorrow غدا　today اليوم　this (evening, ...) هذا (المساء ...)

tonight الليلة　after (school,...) بعد (المدرسة,...)

e.g. He is going to ride a horse tomorrow.



Negative

am not +
is not / isn't + going to + inf. ...
are not / aren't +

e.g. He isn't going to wear pads.

e.g. I'm not going to wear sunglasses.

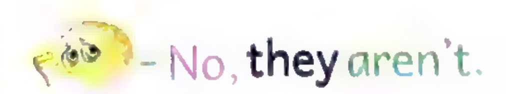
(Yes / No) question

Is + he / she / it / singular noun
+ going to + inf. ...?
Are + we / you / they / plural noun

Is she going to wear a helmet?


- Yes, she is.

Are they going to go to bed?


- No, they aren't.



Wh-question

What + is + he / she / it / singular noun + going to + inf. ...?
What + are + we / you / they / plural noun + going to + inf. ...?


e.g. What are you going to do today?

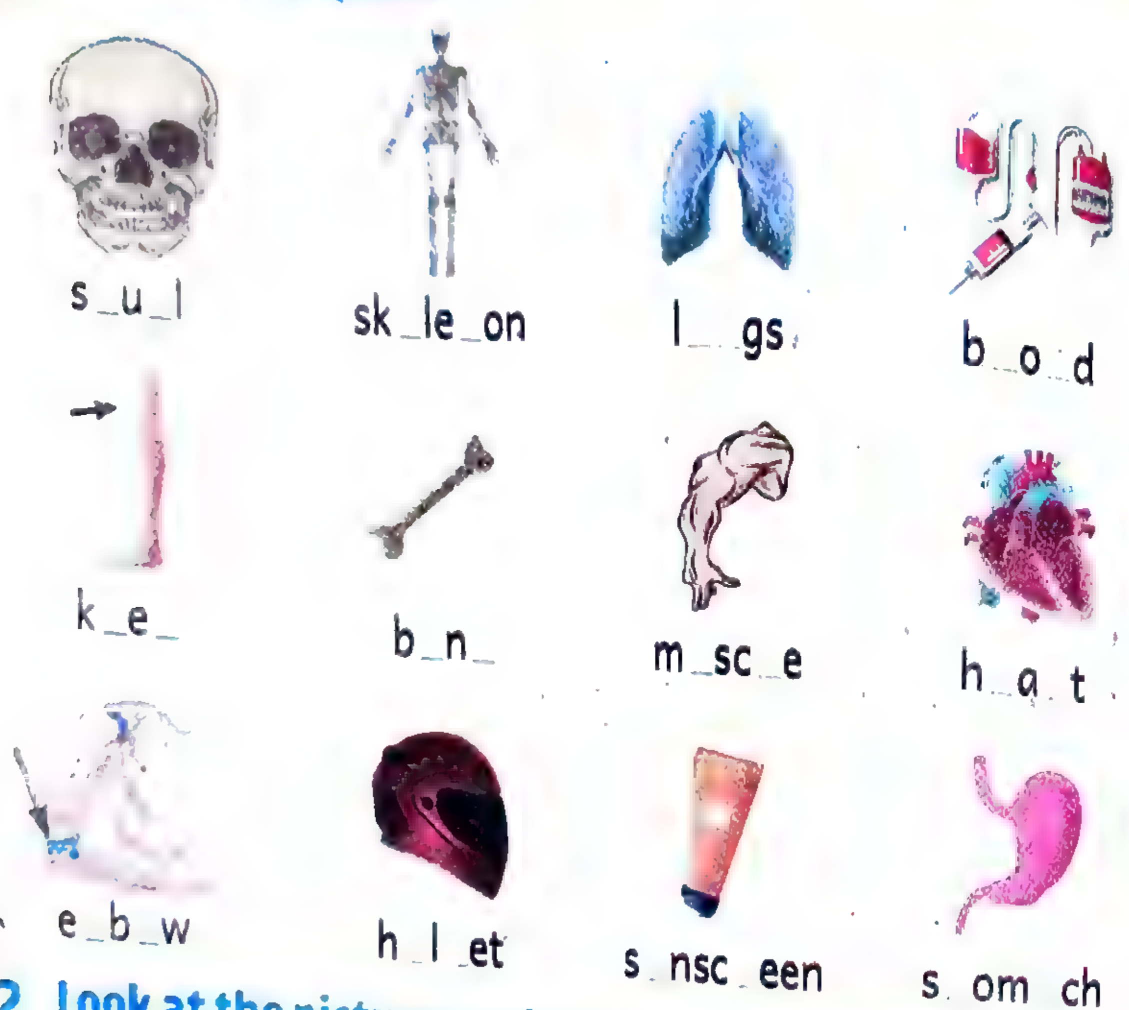
I'm going to go to the park after school.





Activities on unit (2)

1 Look and complete.



2 Look at the pictures and unscramble the letters.



Help your child deal with such questions.

ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



Choose the correct word. (Vocabulary)

Your heart (beats - eats - takes) about 70 times a minute.

Our (heart - skull - skeleton) helps us move and makes us strong.

We need (helmets - nutrients - rocks) to help us grow.

He is going to wear (sunburn - sunscreen - pads) to protect him from the sun.

I skip breakfast. I'm always (bad - safe - hungry).

I feel (happy - positive - tired) and cross.

Our (skin - elbow - nose) is the largest organ in our body.

We can get (sunscreen - sunglasses - sunburn) from the sun.

We make food smaller with our (eyes - teeth - skull).

It's (hard - sad - important) to wear sunscreen to protect our skin.

We have a liquid called (water - saliva - tea) in our mouth.

When our food is smaller, we can (drink - help - swallow) it.

Choose the correct word (Language)

I'm (going - goes - go) to wear a helmet.

Is (you - they - she) going to climb a mountain?

We are going to (drink - drank - drinks) water after we go running.

She (am not - isn't - aren't) going to play tennis after school.

5. (Am - Is - Are) they going to play tennis after school?
6. We (am - is - are) going to watch TV.
7. Is he going to (does - going - go) to bed early?
8. They (don't - aren't - isn't) going to play football.
9. She (am - is - are) going to swim in the pool.
10. I'm going (to - too - two) go to the park after school.
11. Are (he - she - you) going to play video games?
12. Hany and Rana (is - are - am) going to go for a walk.
13. No, (he - I - they) isn't going to wear pads.
14. I'm going to (having - has - have) chicken.
15. He is going to ride his bike (yesterday - today - last week).

4 Read and match.

1	Are they going to watch TV?	a)	No, he isn't.
2	We need nutrients	b)	It's a gas.
3	Is he going to drink water?	c)	Yes, they are.
4	What is oxygen?	d)	to help us grow.

1- (   )   2- (   )   3- (   )   4- (   )

5 Read and match.

1	She's going to wear pads	a)	our top layer of skin.
2	Water can't get through	b)	No, he isn't.
3	Is he going to ride a horse?	c)	from the sun.
4	We can get sunburn	d)	to protect her elbows.

1- (   )   2- (   )   3- (   )   4- (   )

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة



5 Read the passage then answer the questions.

Our skeleton is all the bones that keep us strong and help us move. We need muscles to move our bones. Muscles are attached to bones and they lift and turn bones so we can walk, run, dance - anything! When we kick a ball, muscles make the bones in our leg and knees move. Muscles in our arms and elbows move when you play tennis. We use muscles when we chew food, to move the jaw bone up and down. Bones are hard, and they protect our soft organs. Our brain, heart and lungs are important organs that need to be safe.

A) Choose the correct answer.

1. We need (muscles - elbows - hearts) to move our bones.
2. Bones are (soft - hard - interesting).

B) Answer the following questions.

3. What is the skeleton? ....
4. What do bones protect? ....

6 Look and write a sentence under each picture.



going - breakfast



chew - teeth



climb - mountain



skeleton - move

7 Read and rearrange the words to make correct sentences.

1. carry - from - Veins - the heart - blood - to - the body - .
   ....
2. go to - the - I'm - park - going to - .
   ....
3. chew - teeth - with - We - food - our - .
   ....
4. our - protect - We - body - need to - .
   ....
5. a - is - gas - Oxygen - .
   ....
6. going - ride - to - She's - a horse - .
   ....
7. breakfast - Do - ever - you - skip - ?
   ....
8. water - going - We're - drink - to - .
   ....
9. he - going - Is - wear - to - sunscreen - ?
   ....
10. play - you - every - Do - day - outside - ?
    ....

8 Complete the following dialogue with.

nice - beach - swim - going

Sara : Where are you going?

Amira : I'm going to the 1) ....

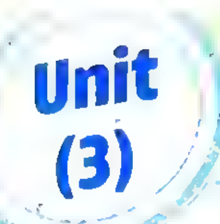
Sara : What are you 2) .... to do there?

Amira : I'm going to 3) .... in the sea.

Sara : Have a 4) .... time.

Amira : Thank you.

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



What's on your plate?

Vocabulary

Word	Meaning	Word	Meaning
nutrients	عناصر غذائية	minerals	المعادن
protein	بروتين	fats	الدهون
carbohydrates	كربوهيدرات	dairy	منتجات الألبان
vitamins	فيتامينات	sodium	صوديوم
calcium	كالسيوم	cereal bar	قطعة حبوب
fruit	فاكهة	dried fruit bar	قطعة فاكهة مجففة
vegetables	خضروات	chocolate	شيكولاتة
sugar	سكر	hydrated	[illegible]
zeer pot	زير / إناء خزفي	dehydrated	غير مشبع [illegible]
container	وعاء	soda	مياه غازية
jar	برطمان	delicious	لذيذ
drying	تجفيف	sweat	يعرق - العرق
temperature	درجة الحرارة	percent	نسبة مئوية ٪
fiber	الياف		



tion

/ʃn/



fiction
قصص / خيال



fire station
محطة إطفاء



digestion
الهضم



pollution
التلوث



nutrition
تغذية

Conjugation of verbs

Present		Past	P.P
remember		remembered	remembered
contain	يحتوي على	contained	contained
exercise	يتمرن	exercised	exercised
decide	يقرر	decided	decided
mix	يخلط	mixed	mixed
measure	يقيس	measured	measured
taste	يتذوق	tasted	tasted
preserve	يحفظ	preserved	preserved
store	يخزن	stored	stored
heat	يسخن	heated	heated
close	يغلق	closed	closed
add	يضيف	added	added
keep	يحافظ على	kept	kept
think	يفكر	thought	thought
give	يعطي	gave	given
sleep	ينام	slept	slept
mean	يعني، يقصد	meant	meant
lose	يفقد - يخسر	lost	lost
come	يأتي	came	come
choose	يختار	chose	chosen

Language

should / shouldn't

We use should / shouldn't for advice.

نستخدم ينبغي / ينبغي (لا) لإعطاء النصيحة.

Affirmative / الاثبات

Subject + should + inf. مصدر الفعل .....

e.g. You should eat a healthy lunch every day.



Negative / النفي

Subject + should not (shouldn't) + inf. مصدر الفعل ...

e.g. You shouldn't eat cookies every day.



(Yes / No) question

Should + subject + inf. مصدر الفعل .... ?

e.g. Should he eat some food with carbohydrates?



Yes, he should.



No, he shouldn't.

Activities on unit (3)

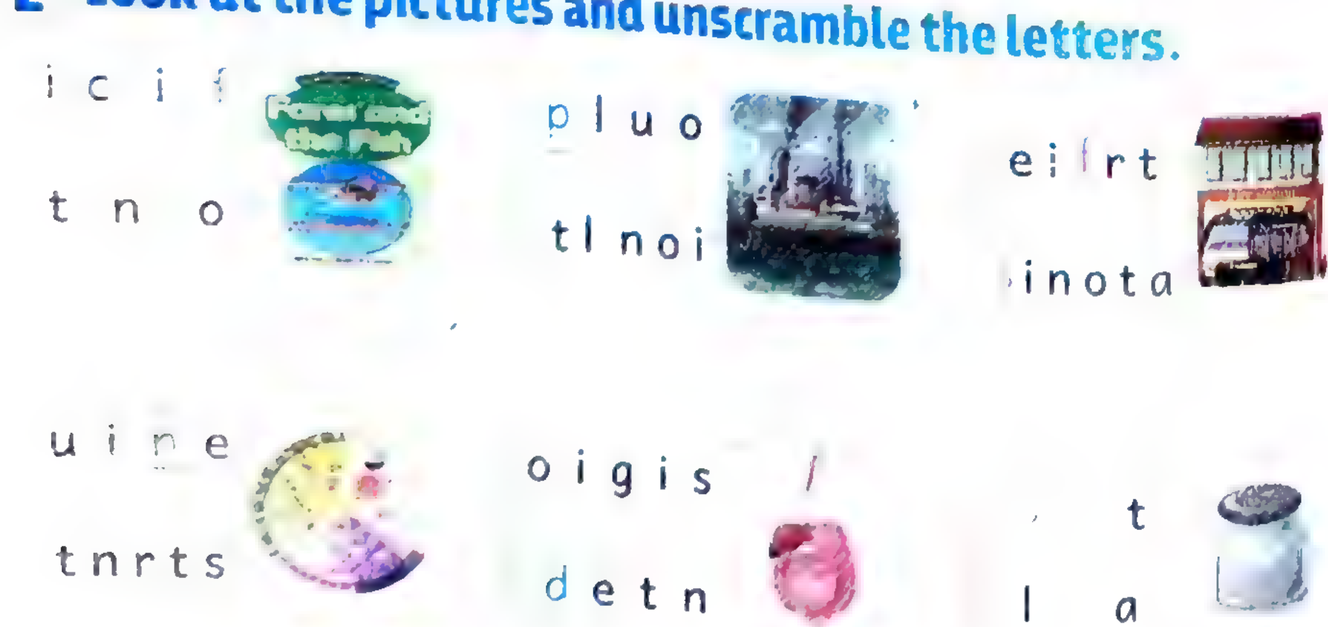
1 Look and complete.

veg_tabl_s f_u_t prot__n d__ry

f_b_r carb_h_drates dig_sti_n nutr__nts

del_c_ous s_g_r cer_al b_r dr_ed fru_t b_r

2 Look at the pictures and unscramble the letters.



Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

3 Choose the correct word.

There are many (fats - vitamins - carbohydrates) in fruit.

Vitamins, protein and fiber are (minerals - nutrients - fruits).

Milk and cheese are in the (fruits - vegetables - dairy) section.

Oil and butter have (fiber - fats - protein).

We can get (protein - carbohydrates - minerals) from bread, pasta, rice and cereal.

Fruit has (fats - fiber - minerals).

(Protein - Vitamin - Calcium) is good for our bones.

Your body is (hydrated - dehydrated - oxygenated) when it doesn't get enough water.

Your body is (dried - hydrated - dehydrated) when it gets enough water.

We measure energy in (grams - calories - meters).

We use (meters - grams - calories) to measure a nutrient.

50% is read as fifty (cent - percent - present).

I ate a chocolate (can - jar - brownie) this morning.

I like to eat a cereal (jar - can - bar).

(Hydrated - Dehydrated - Dried) fruit bars have natural sugar.

(Calories - Vitamins - Protein) are the amounts of energy in food.

We need (nutrients - electricity - containers) to store food in a fridge.

We can store food in (nutrients - electricity - containers).

Vitamin C is (good - bad - worried) for our skin.

He wants to have a healthy (night - light - diet).

Choose the correct word. (Language)

1. We (should - shouldn't - doesn't) eat a healthy lunch every day.
2. We (should - shouldn't - does) drink 3 litres of water a day.
3. You should ([illegible] - doing - do) sports every day.
4. (Do - Should - Is) she sleep for four hours tonight?
5. Should he drink water? - Yes, he (should - shouldn't - does).
6. No, you (should - shouldn't - not should) stay up late.
7. Should we (plays - playing - play) video games?
8. You shouldn't ([illegible] - eat - eating) cookies every day.
9. (Yes - No - Not), he shouldn't watch too much TV.
10. (He should - Should he - Should) eat lots of candies?

4 Read and match.

1. Carbohydrates	a) is found in cakes, biscuits and soda.
2. Fats	b) are found in butter and oils.
3. Sugar	c) is found in meat, fish and eggs.
4. Protein	d) are found in bread, pasta and rice.

1-( ) 2-( ) 3-( ) 4-( )

Read and match.

1. We should	a) eat too much chocolate.
2. We shouldn't	b) eat healthy food.
3. Natural sugar	c) the parts of your body that move.
4. Joints are	d) is in fruit.

1-( ) 2-( ) 3-( ) 4-( )

 Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

5 Read the passage then answer the questions.

We can preserve food by keeping it cold. Fridges and freezers keep our food cold. We can smoke food over a fire to make it last longer. And we can preserve food with salt. Salt takes out the water. We can dry fruit in the sun. When we dry fruit, it takes out the water and keeps all the nutrients. We can store food in pots. In the past, people used zeer pots. They put food in a ceramic pot. Then they put the pot inside a bigger pot. They put sand between the two pots. Then they added water. The water in the sand keeps the food cool. Today, we store food in cans and jars, with water and salt.

A) Choose the correct answer.

1. We can keep food (hot - cold - bad) in fridges and freezers.
2. You can preserve food with (sugar - salt - lemon).

B) Answer the following questions.

3. Where can we store food?

....

4. What keeps food cool in zeer pots?

....

6 Look and write a sentence under each picture.


fruit - vitamins

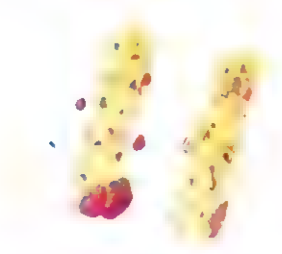
....


should - fruit juice

....


shouldn't - candies

....


like - dried fruit

....

7 Read and rearrange the words to make correct sentences.

1. Hanaa - soda - shouldn't - drink - .
....
2. food - healthy - Hany - eat - should - .
....
3. cakes - he - Should - eat - of - lots - ?
....
4. brownie - I - chocolate - like - eating - .
....
5. bars - fruit - dried - I - like - .
....
6. heart - bad - Sugar - is - for - your - .
....
7. can - affect - mood - Sugar - your - .
....
8. sugar - I - eat - decided - to - less - .
....
9. protein - fish - meat - There's - in - and - .
....
10. cookies - I - like - .
....

8 Complete the following dialogue with.

Sho[illegible] - ba[illegible] - balanced - vitam[illegible]

Ahmed : What should I do to stay healthy?

Omar : You should eat 1) .... meals.

Ahmed : 2) .... I eat fruit and vegetables?

Omar : Yes, they contain a lot of 3) ....

Ahmed : Can I eat sugar?

Omar : No. A lot of sugar is 4) .... for your health.

 Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة



In the wild

Vocabulary

fennec fox	ثعلب الفَنك	cheetah	الفهد الصياد
squirrel	سنجاب	lion	أسد
mole	حيوان الخلد	sloth	دب الكسلان
chimpanzee	الشمبانزي	cobra	أفعى الكوبرا
spider monkey	القرد العنكبوت	owl	بومة
macaw	المكاو (ببغاء امريكي)	turtle	سلحفاة مائية
goose	إوزة	chase	يطارد
sea lion	أسد البحر	gather	يجمع
penguin	طائر البطريق	hide	يختبئ
crayfish	جراد البحر	hunt	يصطاد
take shelter	يتخذ مأوى / يحتمي	desert	الصحراء
live in holes	يعيش في حفر	flood	فيضان
dig burrows	يحفر الجحور	rainforest	الغابة المطيرة
use sticks	يستخدم العصي	polar	قطبي
build a nest	يبني عش	drought	جفاف

-nt



hunt
يصطاد



tent
خيمة

-nd



grassland
أرض عشبية



wetland
أرض رطبة

-mp



swamp
مستنقع



camp
معسكر

Help your child revise unit (4).
ساعد طفلك أن يراجع الوحدة الرابعة

Conjugation of verbs

Present		Past	P.P
chase	يطارد	chased	chased
gather	يجمع	gathered	gathered
live	يعيش	lived	lived
crawl	يزحف	crawled	crawled
destroy	يدمر	destroyed	destroyed
erupt	يثور	erupted	erupted
build	يبني	built	built
hide	يختبئ	hid	hidden
dig	يحفر	dug	dug

might / might not

Usage — الاستخدام

We use "might" when we are not sure of something.

نستخدم might عند عدم التأكد من شئ ما.

Affirmative — الإثبات

Subject + might + inf. ....

e.g. This animal might live in Africa.



Negative — النفي

Subject + might not + inf. ....

e.g. This animal might not be able to swim.



Activities on unit (4)

1 Look and complete.

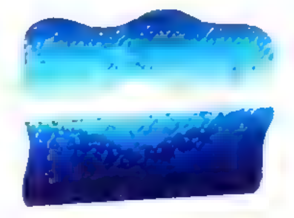

c_impan_ee


fen_ec f_x

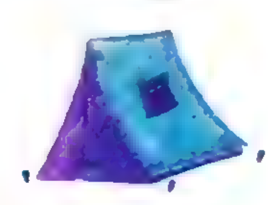

s_a l_on

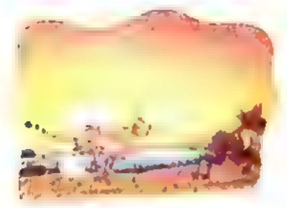

t rtle


g_assla_d


p_l_r

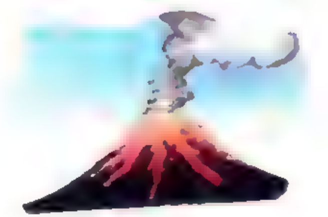

ca_p


te_ _


hu_ _


g_ _se


m_caw


vo_ca_o

2 Look at the pictures and unscramble the letters:

a m a c w



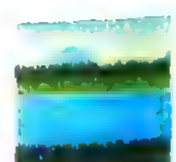
b c r o a



t s l o h



e n w t a d l

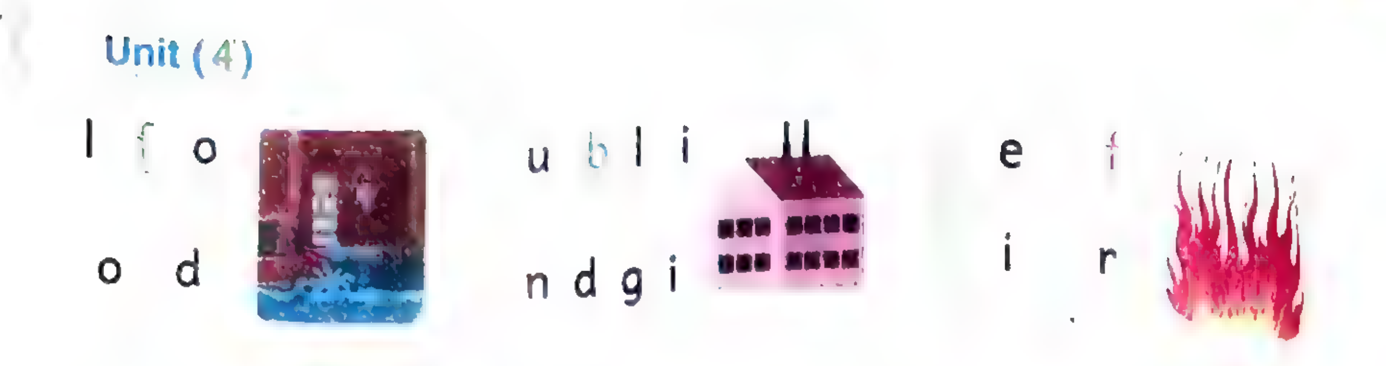


u p i n n g e



h e a c h t e





3 Choose the correct word. (Vocabulary)

1. The rainforest top layer is called the (floor - emergent - canopy) layer.
2. Penguins gather in a large group called a (nest - colony - burrow).
3. Lots of birds (swim - build - climb) nests.
4. (A spider monkey - Crayfish - An Arctic fox) lives in the polar habitat.
5. (Macaws - Spider monkeys - Crayfish) live in dark, warm water and take shelter in tree roots.
6. The (equator - North Pole - South Pole) is an imaginary line all around the middle of the Earth.
7. (Polar - Tropical - Swamp) habitats are near the equator.
8. A lion can (fly - hunt - crawl) animals.
9. (Macaws - Sloths - Spider monkeys) have colored feathers.
10. Wolves have (feathers - fur - leaves).
11. There are (two - three - four) layers in the rainforest.
12. The (South Pole - North Pole - equator) is the point at the farthest north of the world.
13. Wetland can be near (deserts - the North Pole - a river).
14. Some animals live (close - far - under) to their habitats.

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Sloths live in the (canopy - emergent - understory) layer.

It's very dark in the (floor - canopy - emergent) layer.

When there isn't enough water, this is called (flood - volcano - drought).

Snakes can (jump - crawl - run).

A (volcano - fire - flood) is an overflow of water.

(Building - Flood - Pollution) can be on land, in water, or in the air.

Choose the correct word. (Language)

This animal might not (eat - eats - eating) grass.

Elephants (might - not might - might not) swim. They are very big.

Birds might (builds - build - building) nests in trees.

How many eggs do you think there might (are - be - were)?

That animal might (living - lives - live) in Africa.

I'm not sure. It (is - be - might be) a big animal.

Penguins (might - don't - might not) be able to fly.

This insect might not (eat - eating - eats) grass.

4 Read and match

Where do birds live?	in the North Pole.
It's very cold	other animals.
Not many animals live	In nests in trees.
Lions hunt	in the emergent layer.

1-(   )   2-(   )   3-(   )   4-(   )



1	In the polar habitat, there	a	beautiful colorful feathers.
2	Macaws have	b	wetland.
3	A swamp is a	c	fruit.
4	A spider monkey eats	d	is snow and ice.

1-(   )   2-(   )   3-(   )   4-(   )





turtles - swamps



smoke - air



need - tent



Cheetahs - hunt



fennec fox - big ears



owls - holes

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

6 Read the passage then answer the questions.

When we visit a wildlife park, we learn how animals behave by watching what they do. In wildlife parks, animals live in places which are close to their natural habitats. But how do animals behave in the wild. Animals live in habitats where they can get food and water and live safely. Animals take shelter so they can stay warm, be safe from other animals, and protect their families.

A) Choose the correct answer.

1. In wildlife parks, we learn how animals behave by (watching - hunting - climbing) them.
2. Animals take (house - shelter - park) to stay warm.

B) Answer the following questions.

1. Where do animals live? ....
2. Why do animals take shelter? ....

7 Read and rearrange the words to make correct sentences.

1. park - visited - I - a - wildlife - .
2. of - can - Thousands - live - penguins - together - .
3. and - Rabbits - burrows - foxes - dig - .
4. monkey - fruit - A spider - eats - .
5. have - colored - Wolves - light - fur - .
6. equator - sunshine - The - most - gets - the - .
7. habitats - in - What - know - do - Egypt - you - ?
8. live - the - Sloths - layer - in - canopy - .

Unit (5) All about water

Vocabulary

oasis	واحة	lake	بحيرة
spring	ينبوع	water cycle	دورة الماء
shade	ظل	evaporation	التبخر
surface	سطح	condensation	التكثف
underground	تحت الأرض	precipitation	هطول الأمطار
hooves	خف (حوافر الجمل)	runoff	جريان المياه
vapor	بخار	fall	الخريف
liquid water	ماء سائل	winter	الشتاء
frozen	متجمد	spring	الربيع
land	الأرض / اليابسة	summer	الصيف
olive tree	شجرة الزيتون	acacia tree	شجرة السنط
date palm tree	النخلة	spearmint	النعناع
basil	نبات الريحان	tamarisk tree	شجرة الأثل / الطرفاء







river
نهر



water
ماء



shelter
مأوى





cobra
أفعى الكوبرا



acacia
شجرة السنط





polar
قطبي





doctor
طبيب

Conjugation of verbs

Present		Past	P.P
walk	يمشي	walked	walked
provide		provided	provided
turn into	يتحول إلى	turned into	turned into
cause	يتسبب في	caused	caused
float	يطفو	floated	floated
squeeze	يعصر	squeezed	squeezed
flow	يتدفق	flowed	flowed
heat		heated	heated
melt		melted	melted
cool	يبرد	cooled	cooled
adapt to	يتكيف	adapted to	adapted to
survive	ينجو	survived	survived
sweat		sweated	sweated
climb		climbed	climbed
swim		swam	swum
eat	يأكل	ate	eaten
spread	ينتشر	spread	spread

Language

The present Perfect Tense :

زمن المضارع التام

Form :

I We You They plural noun) have
He She It singular noun) + has + p.p (التصريف الثالث)

I have an oasis with my family three times.

e.g. He has climbed a mountain.

Keywords :

never أبدًا	is used in negative.	تستخدم في النفي.
ever من قبل	is used in questions.	تستخدم في السؤال.

Have you ever seen a snake? - I have never eaten olives.

Negative :

have not / haven't
has not / hasn't + p.p

e.g. I haven't visited an oasis. - He hasn't climbed a mountain.

(Yes / No) question :

Have (you we they plural noun)
Has (he, she, it, singular noun) + P.P ... ?

Have you travelled in the desert?

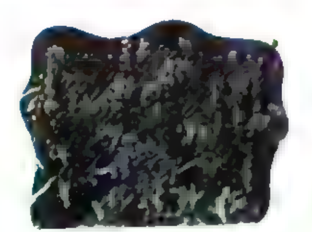
Yes, I have. No, I haven't.

Activities on unit (5)

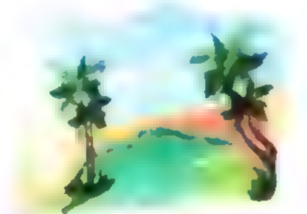
1 Look and complete.



sh_d_



b_s_l



o_ is



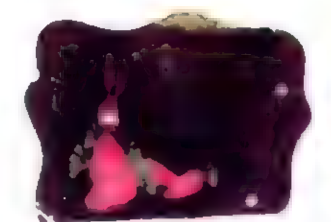
l k



s_lt



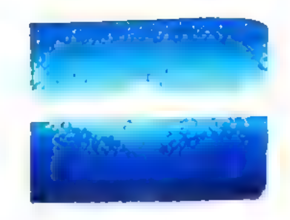
doct_ _



shelt_



pr. cipit tion



pol_ _



c_b_a



r_v r



f r

2 Look at the pictures and unscramble the letters.

o d o

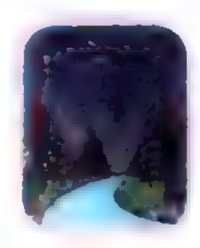


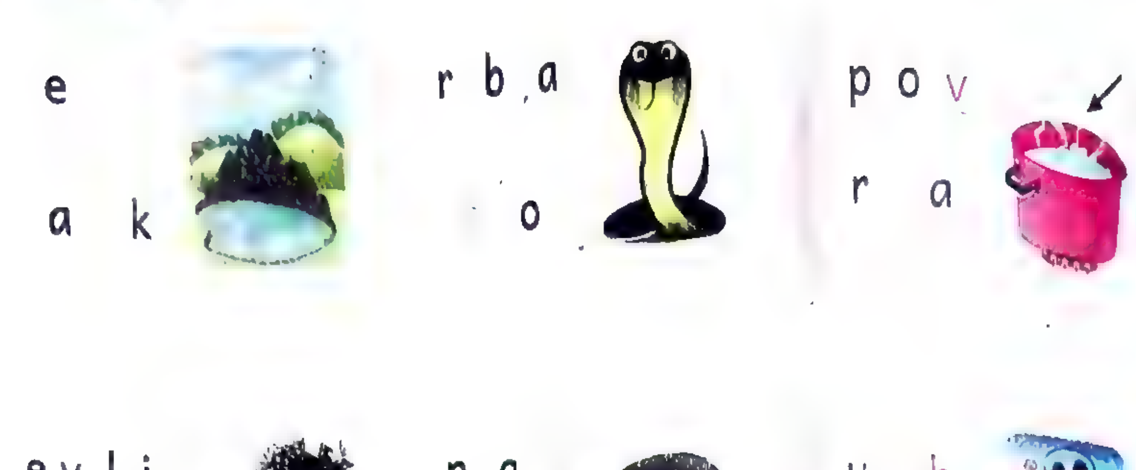
t w e a r





r n a i





e ak

r b a o

p o v r a

e v l i e r e

n g r i p

u h m p

Choose the correct word: Vocabulary

1. Animals can take ([illegible]) from the sun.
2. (Cow - Cobra - Lion) is a kind of snakes.
3. The sun causes (condensation - [illegible]).
4. Seas and oceans have (salt - fresh - fr[illegible]en) water.
5. There are (five - six - fou[illegible]) seasons in the year in Egypt.
6. A cactus plant has thick ([illegible] - leav[illegible] - flowe[illegible]).
7. Camels have ([illegible]) hooves.
8. A cactus plant has ([illegible]) to protect it.
9. The cheetah can (hunt - fly - swim).
10. We (put - got - swam) in the spring.
11. The desert is (cool - hot - cold) and dry.
12. At an oasis, there are lots of (rivers - lakes - springs).

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

Choose the correct word. (Language)

I (has - have - having) never eaten dates.

She has (visiting - visits - visited) an oasis.

We (has - have - having) climbed a mountain!

Has she ([illegible] - [illegible] - ever) done an experiment?

They have (eat - ate - eaten) lunch.

He has never (swim - swims - [illegible]) in a lake.

Have you ever ([illegible] - [illegible] - [illegible]) a mountain?

No, he has (ever - never - every) drunk coffee.

He ([illegible] - [illegible] - [illegible]) taken photos of the oasis.

We (have - are - do) seen a big lake.

[illegible] (Have you - Are you) ever seen a cobra?

They have never (walk - walks - [illegible]) in the desert.

She ([illegible] - [illegible] - [illegible]) tried swimming in the sea.

Have you visited Siwa? - Yes, I ([illegible] - [illegible] - [illegible]).

Has ([illegible] - [illegible] - [illegible]) ever made olive oil?

Read the passage then answer the questions.

Siwa Oasis is a very interesting place. It is in the desert. There are a lot of springs there. People can swim in these springs. The people there are very friendly. Siwa has lots of monuments. People grow dates and olives there. The dates and olives are sold to different countries all over the world.

A) Choose the correct answer.

Siwa is a very ([illegible] - [illegible] - [illegible]) place.

The people there are (friendly - bad - [illegible]).

4 Answer the following questions.

1. What does Siwa have? ....
2. Where can people swim? ....

5 Read and match.

1	I have visited	a)	seen a spring?
2	Have you ever	b)	an oasis.
3	He has climbed	c)	never eaten dates.
4	I have	d)	a mountain.

1-( ) 2-( ) 3-( ) 4-( )

Read and match.

1	Siwa Oasis is	a)	a big lake.
2	We have seen	b)	in the desert.
3	Have they ever made	c)	swum in a spring.
4	I've never	d)	olive oil?

1-( ) 2-( ) 3-( ) 4-( )

Read and rearrange the words to make correct sentences.

1. they - Have - cooked - oil - with - ?
2. grow - in - ______ - spearmint - oasis - an - .
3. never - I've - eaten - dates - .
4. climbed - ______ - mountain - have - a - .
5. hot - The - dry - desert - and - is - .

6. minerals - Basil - vitamins - has - and .
7. Cairo - They - visited - have .
8. swimming - She - tried - hasn't - a lake - in .
9. a small - The - is - Sea - Dead - sea .
10. can - springs - People - in - swim .

7 Complete the following dialogue with:

delicious - been - fresh - camel

Omar : Have you ever visited an oasis?
Ramy : Yes, I have 1)................................ to Siwa.
Omar : What did you do there?
Ramy : I rode a 2)................................ .
Omar : Did you eat 3)................................ dates?
Ramy : Yes, I did. They were 4)................................ .

8 Look and write a sentence under each picture:



climbed mountain



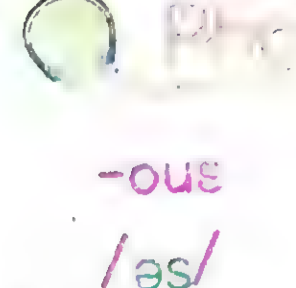
never olives

Unit (6) What is a flood?

Vocabulary

flood
High Dam
barrier
canal
drain
shadoof
aqueduct
warn
desalination
wash away
meteorologist
turbine
waterwheel
pump
sandbags

pipe
selfish
volunteer
install
minimize
protect
collapse
ruin
polite
bossy
calm
cooperative
lazy
brave
worried



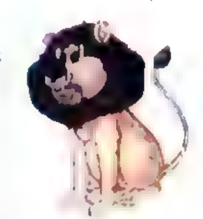
-ous
/əs/


nervous
عصبي / متوتر


generous
كريم


enormous
ضخم / هائل


famous
مشهور


dangerous
خطير

Conjugation of verbs

Present		Past	P.P
flood	يفيض	flooded	flooded
ruin	يدمر	ruined	ruined
warn	يُحذر	warned	warned
minimize	يُقلل	minimized	minimized
collapse	ينهار	collapsed	collapsed
volunteer	يتطوع	volunteered	volunteered
rescue	ينقذ	rescued	rescued
irrigate	يروي / يسقي	irrigated	irrigated
spray	يرش	sprayed	sprayed

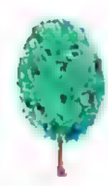
Language

Countable nouns



... singular and plural forms

أسماء لها مفرد و جمع.

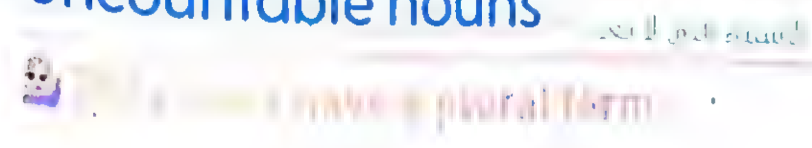


a tree - trees



a ruler - rulers

Uncountable nouns



... plural form

ليس لها صيغة جمع.

water



paper



rain

too many

...تخدم مع الاسماء التي تعد

There are + too many + plural noun (اسم جمع)

There are too many rulers.

too much

كثير جدا

تستخدم مع الأسماء التي لا تُعد.

There is + too much + (اسم لا يعد)

There is too much water.



not enough

غير كاف

[illegible]

There +	**isn't**	**+ enough**	(اسم لا يعد)
	aren't		(اسم جمع)

There isn't enough water.

There aren't pencils.



Activities on un

1 Look and complete.



l _ _ y _



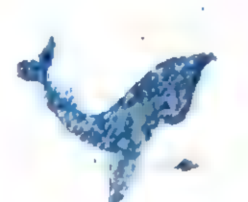
gen _ _ ous



nerv _ _ _



fam _ _ s



enor _ ou _



wat _ rwhe _

2 Look at the pictures and unscramble th

e r i r
a r



n a
l a



s p o l
a l e



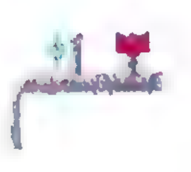
n a g
r i



h f d
a o o



p i
e p



Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Choose the correct word. (Vocabulary)

In a flood, people put up a (pipe - barrier - drain) to stop water in the street.

A (dam - drain - pump) stops water in a river.

(Collapse - [illegible] - Predict) is to damage or destroy something.

([illegible] - Warn) is to say what might happen in the future.

Meteorologists are people who study the (food - weather - problem).

(Warn - Install - Minimize) is to make something smaller or less.

Barriers can (predict - protect - collapse) buildings.

Fares often thinks about himself, he is (brave - selfish - mean).

She likes giving people presents. She is (calm - moody - generous).

The famous statue is (dangerous - enormous - generous).

A (volunteer - bossy - funny) person likes telling people what to do.

He always says "thank you"! He's very (polite - unkind - mean).

Choose the correct word. (Language)

There is too (many - much - enough) water.

There are too (enough - much - many) cars.

There isn't (many - enough - too many) water.

There aren't (much - enough - too much) cups.

There are (too much - much - too many) rulers.

There are (too much - too many - much) pencils.

There aren't (too much - much - enough) apples.

There isn't (too many - many - enough) juice.

There is (to - too - two) much water on the floor.

There aren't (much - too much - enough) eggs.

They have too (many - much - enough) money.

I have got too (enough - many - much) books in my bag. I can't carry it.

4 Read the passage then answer the questions.

Meteorologists are people who study the weather. They can watch what is happening and predict when floods will start. They can warn people to put up barriers or use sandbags to keep their homes safe. They can send these warnings on cell phones, so everyone gets them quickly.

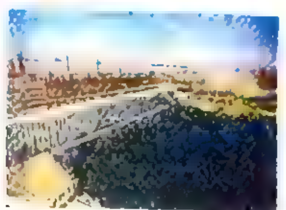
A) Choose the correct answer.

1. Meteorologists can (protect - predict - minimize) when floods will start.
2. Meteorologists study the (money - weather - food).

B) Answer the following questions.

1. How can meteorologists send warnings?
2. Why do people put up barriers?

5 Look and write a sentence under each picture


dam - river


generous - presents


too many - trees


statue - enormous


waterwheels - irrigation


caring - look after

6 Read and rearrange the words to make correct sentences.

1. are - ... - many - too - apples - .
2. in - water - Adam - a river - stops - .
3. protect - can - Barriers - buildings - .
4. is - Colosse - fall - to - down - .
5. paper - isn't - There - enough - .
6. hard - works - He - very - .
7. is - The - statue - enormous - !
8. is - the - What - with - problem - irrigation - ?
9. Dam - is - ... - Aswan - the - famous - ?
10. with - help - ... - can - irrigation - .

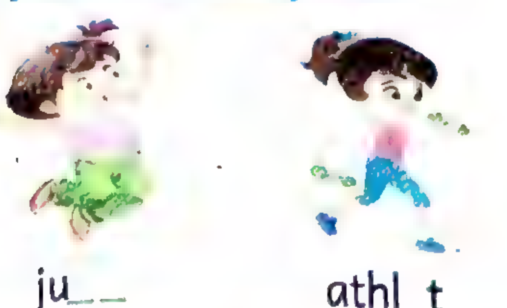
7 Complete the following dialogue with.

much When - flood lightning

Huda : Have you ever seen a 1) .... ?
Reem : Yes, there was one in Egypt.
Huda : 2) .... was it?
Reem : It was in 2020.
Huda : Were there thunderstorms and 3)... ?
Reem : Yes. There was too 4) water, too.

Activity

1 Look and complete.





ju__ athl_t_ m_d_l thr__

2 Complete the following dialogue with:

Omar : Were you at the .... ?

Ramy : Yes, I ....

Omar : Who won the .... ?

Ramy : Ahmed came .... and won.

3 Choose the correct word.

1. They win the competition. They (won't - will - do) be happy.
2. A/An (day - second - hour) is shorter than a minute.
3. Rana is the (fast - faster - fastest) runner.
4. Miss Mona is (racing - measuring - competing) how far you jumped.

4 Read and match.

1. How far can he jump?	Dina was the slowest.
2. Will she be happy?	Three goals.
3. Who was the slowest?	Yes, she will.
4. How many goals did he score?	He can jump three meters.

1-( ) 2-( ) 3-( ) 4-

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

5 Read the passage then answer the questions.

Fares and Tarek are athletes. They do a lot of exercise. They want to compete in the school long jump competition. They competed last year but they didn't want to win medals. They want to win. They know they need to try harder this year. They come to the track three times a week.

A) Choose the correct answer.

1. Fares and Tarek are (teachers - athletes - doctors).
2. They want to win (toys - tracks - medals).

B) Answer the following questions.

3. Did Fares and Tarek win last year?

....

4. How often do they come to the track a week?

....

6 Look and write a sentence under each picture.



can - high



athletes - track

7 Copy the following sentence.

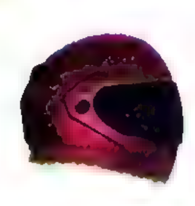
I like throwing.

....

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Activity 2

1 Look and complete.


h_lme_


cl_mb


skel_t_n


l_ _gs

2 Complete the following dialogue with:

park - am - ride - going

Ahmed : Where are you 1) .... ?

Reem : To the 2) ....

Ahmed : Are you going to 3) .... your bike?

Reem : Yes, I 4) ....

3 Choose the correct word.

1. Our heart (runs - beats - moves) 70 times a minute.
2. I'm going to (wear - wears - wearing) sunglasses.
3. Blood is a (gas - liquid - solid).
4. (Are - Am - Is) he going to wear pads?

4 Read and match.

1	He's going to go	a)	go swimming.
2	She's going to	b)	going to wear sunglasses.
3	It's very sunny. I'm	c)	They help us move.
4	What do muscles do?	d)	to the library.

1- ( ) 2- ( ) 3- ( ) 4- ( )

(✓) or (✗).

Our skin is the largest organ in our body, and it's very important. It protects us from the sun, as well as from dirt and germs. It keeps you cool in hot weather, and warm in cold weather. We need to look after our skin to keep it healthy.

Our skin is the smallest organ in our body. ( )

The skin protects us from the sun. ( )

The skin keeps you cold in cold weather. ( )

We should look after our skin. ( )

6 Fill in the spaces with:

should - nests - far - Blood

How .... can he jump?

.... is a liquid that carries oxygen and nutrients around the body.

You .... drink much water.

Some birds build .... in trees.

7 Copy the following sentence.

Drinking water is healthy.

Activity 3

1 Look and complete.



s_g_r


veg_t_bles


f_b_r


d_i_y

2 Complete the following dialogue with:

healthy - unhealthy - fats - should

Heba : What 1) .... I eat to keep fit?

Hana : You should eat 2) .... food.

Heba : Can I eat 3) .... ?

Hana : No, they are 4) ....

3 Choose the correct word.

1. Dairy foods have a (protein - mineral - vitamin) called calcium.
2. There is sugar in (cakes - fish - pizza).
3. We should (gets - get - getting) enough sleep.
4. You (should - isn't - shouldn't) skip breakfast.

4 Read and match.

1. What does he have for lunch?
2. Does Hany like fruit?
3. Why do we need vitamins?
4. How often do you drink juice?

a) They make us strong.
b) Fish and rice.
c) Every day .
d) Yes, he does.

1- (   )   2- (   )   3- (   )   4- (   )

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

5 Read the passage then answer the questions.

Children should drink about 1.5 litres of water every day. Most of this should be pure water, but we can also get water from other drinks such as milk, tea and fruit juices, and fruits and vegetables. We should drink more water in hot weather, because we lose water when we sweat.

A) Choose the correct answer.

1. Most of water we drink should be (hot - pure - cold).
2. We lose water when we (sweet - eat - sweat).

B) Answer the following questions.

1. How much water should children drink every day?
....
2. When should we drink more water?
....

6 Rearrange the following words to make correct sentences.

1. should - You - a healthy - eat - lunch - .
....
2. might - live - It - Africa - in - .
....
3. never - eaten - I've - olives - .
....

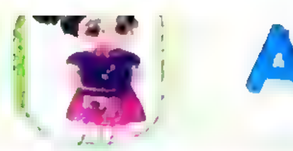
7 Copy the following sentence.

You shouldn't eat fats.

....

....

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.



Activity 

1 Look and complete.



ch_m_anzee



m_c_w



c_b_a



n_ _t

2 Complete the following dialogue with:

slowly - wildlife - tomorrow - sloth

Samy : Where are you going to go 1) ______ ?

Noha : To the 2) ______ park.

Samy : Will you see the 3) ______ ?

Noha : Yes. It moves very 4) ______ .

3 Choose the correct word.

The (sloth - cheetah - turtle) is the fastest animal.

A turtle might (take - takes - taking) shelter under a rock.

The equator is (cooler - colder - hotter) than the North Pole.

It lives in rivers. It (can't - might - is) be a fish.

4 Read and match.

An owl lives

A penguin lives in

A turtle

Which habitats are in Egypt?

a) a group called a colony.

b) moves very slowly.

c) Wetland and desert.

d) in a hole in a tree.

1-( ) 2-( ) 3-( ) 4-( )

5 Read the passage then answer the questions.

A habitat is a place with a particular kind of climate and landscape. There is snow in a polar habitat. There aren't any trees and the plants are small. Some animals take shelter in burrows. Rainforests are warm and wet places. They are in tropical parts of the world. The trees grow a lot of fruit for animals to eat.

A) Choose the correct answer.

1. There is (rain - snow - heat) in a polar habitat.
2. Rainforests are (warm - cool - cold) and wet places.

B) Answer the following questions.

3. What is a habitat? ....
4. Where are rainforests? ....

6 Look and write a sentence under each picture.



North Pole - cold



birds - nests

7 Copy the following sentence.

You should do a lot of exercise.

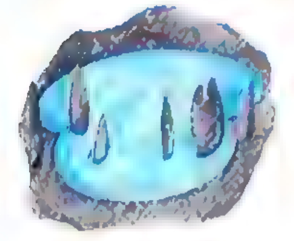
....

....

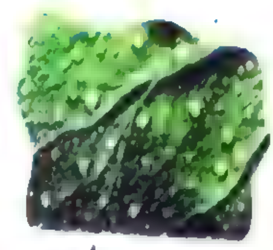
Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

Activity

1 Look and complete.


spr_ _g


r_v_r


cond ns tion


p lm t ee

2 Complete the following dialogue with:

Siwa - delicious - fresh - ever

Ahmed : Have you 1) .... been to an oasis?
Huda : Yes, I visited 2) ....
Ahmed : Did you eat 3) .... dates there?
Huda : Of course. They were very ....

3 Choose the correct word.

1. We have (see - sees - seen) lots of tamarisk trees.
2. We can get oil from (olive ....) trees.
3. Trees give us (medicine - p ....) from storms in the desert.
4. Have you (ever - every - ....) drunk coffee?

4 Read and match.

1	Has she ever been to an oasis?	a)	in the desert.
2	He has climbed	b)	the polar zone.
3	It doesn't often rain	c)	Yes, she has.
4	There is ice in	d)	a mountain.

1- (   )   2- (   )   3- (   )   4- (   )

5 Read the passage then answer the questions.

There are many different plants and trees at an oasis. They make the oasis a special place. The desert is hot, and the trees and plants give people food, medicine and shade. Farmers grow tall date palm trees. They can sell dates in Egypt and all over the world. We can cook with dates or eat them. People also use the leaves of date palm trees to make baskets.

A) Choose the correct answer.

1. Plants and (cars - trees - desert) make the oasis a special place.
2. The desert is (cold - rainy - hot).

B) Answer the following questions.

1. What do farmers grow at an oasis?
....
2. What can we do with dates?
....

6 Rearrange the following words to make correct sentences.

1. you - Have - visited - ever - oasis - an - ?
2. is - water - There - much - too - .
3. she - is - to - going - mountain - the - climb - ?

7 Copy the following sentence.

A surgeon does an operation.

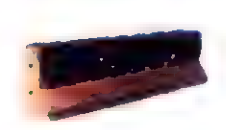
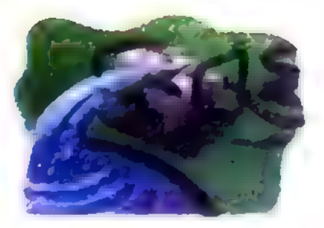
....

 Help your child deal with such questions. ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

Activity 6

1 Look and complete.





s_ndba_s   p_p_s   bar_i_r   p__p

2 Complete the following dialogue with:

enough - buy - many - cake

John : Can you help me make a 1) .... ?
Ann : Sure. Are there 2) .... eggs?
John : No. How 3) .... eggs do we need?
Ann : We need four.
John : Well. Let's 4) .... them at the supermarket.

3 Choose the correct word.

1. A (dam - drain - pipe) stops the flow of water in a river.
2. There is too (many - more - much) sugar in my tea.
3. There aren't enough (milk - trees - water) in the park.
4. (Protect - Ruin - Damage) means to keep something safe.

4 Read and match.

1. Sara tells a lot of jokes.
2. He likes talking to people.
3. Wael works in a team.
4. Nesma gives people things.

a) He is cooperative.
b) She is funny .
c) She is generous.
d) He is sociable.

1-(   )   2-(   )   3-(   )   4-(   )

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

5 Read the passage then tick (✓) or (✗).

A new way of farming in dry countries is hydroponic farming. This is a modern technology that is useful in dry countries. It uses only water, not soil, to grow plants. The special water contains the minerals that the plant needs. This system uses less water than traditional farming.

1. Hydroponic farming is an old way. ( )
2. Hydroponic farming is useful in dry countries. ( )
3. It uses water and soil to grow plants. ( )
4. This system uses less water than traditional farming. ( )

6 Look and write a sentence under each picture.



High Dam - famous

....



enough - water

....

7 Copy the following sentence.

You should be polite.

....

....

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة



1 Look and complete.











th_o_ tra__ r_nn_r c_d_

2 Complete the following dialogue with:

jump - swimming - sport - don't

Sara : Do you like 1)........ ?

Rana : No, I 2).........

Sara : What 3)........ do you like?

Rana : I like long 4)........

3 Choose the correct word.

1. There is a big sports (race - event - runner) today.
2. Do you think she will (win - wins - winning)?
3. 100 meters is a long (team - jump - distance).
4. She was happy (so - because - but) she came first.

4 Read and match.

1. Good friends never
2. He got a medal, so
3. Salma wants to win
4. Good friends should

a. support each
b. the 100 meter
c. he is happy.
d. spread rumour

1- ( ) 2- ( ) 3- ( ) 4-

e then tick (✓) or (✗).

today. There's a big sports event. Lots of
nt schools are competing. They are wearing
black. There are competitions in running,
g. I'm watching the long jump. I think the
will win. He is very fast.

today. ( )

tions in swimming. ( )

ng jump. ( )

g red is very fast. ( )

sentence under each picture.



exercise – every day

ng sentence.

She likes swimming.

1 Look and complete.






br_ _n   m_sc_e   bl_ _

2 Complete the following dialogue wi

cups - unhealthy - skip

Ali : Do you ever 1)..........

Omar : No, It's 2)..

Ali : How 3)......

Omar : I have six 4)....

3 Choose the correct word.

Bones are (soft - hard - fast).

They are (go - going - goes) to climb a

She's going to (skip - skips - skipping) h

Our (lungs - skeleton - heart) protects u

4 Read and match.

He's going to climb

Do you play outside?

Our skin keeps us

When our food is smaller,

a)
b)
c)
d)

1- (   )   2- (   )   3-

...ad the passage then answer the questions.

...is important to eat healthy food. When we swallow food, it ...into our stomach. We get energy and nutrients from the food ...eat. But our bodies have to change the food so it can use it. It ...to break down the food before it can absorb it. We chew food ...our mouths, using our teeth, tongue and jaw. We need saliva ...help us do this. This is a liquid made in our mouth.

...ose the correct answer.

...important to eat (bad - unhealthy - healthy) food.

...chew food in our (mouths - stomach - tongue).

...wer the following questions.

...at do we get from the food we eat?

....

...at is saliva?

....

...l in the spaces with:

penguin - eggs - gas - jump

...can .... really high.

...gen is a ....

...get .... from chickens.

.... lives in a large group called colony.

...py the following sentence.

Sugar is bad for our teeth.

....

....

Activity

1 Look and complete.







cho_ol_te   del_ci_us   dig_st_on   fr_ _t

2 Complete the following dialogue with:

milk - dairy - calcium - [illegible]

Sama : What are the 1)........................ foods?

Amal : They are cheese, yogurt and 2)........................ .

Sama : Do they have 3)........................ in them?

Amal : Yes, they give us 4)........... which is good for our bones.

3 Choose the correct word.

1. Should she (drinks - drink - drinking) lots of water?
2. Pollution is (good - bad - healthy) for our health.
3. We shouldn't eat too much (vitamins - protein - sugar).
4. You (should - do - shouldn't) drink a lot of soda.

4 Read and match.

1. Are there vitamins in fruit?	a. From the soil.
2. Should I skip breakfast?	b. the right amount.
3. How do plants get water?	c. Yes, there are.
4. "Enough" means	d. No, you shouldn't.

1-(   )   2-(   )   3-(   )   4-(   )

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

5 Read the passage then tick (✓) or (×).

Younis is an athlete. He wants to have a healthy diet. He lives in a hot country and he does a lot of exercise. He's going to do a race tomorrow, so he needs lots of energy.

1. Younis is a firefighter. ( )
2. He wants to have a healthy diet. ( )
3. He's going to do a race tomorrow. ( )
4. Younis needs lots of fats. ( )

6 Rearrange the following words to make correct sentences.

1. drink - water - Should - I - ?

....

2. was - It - monkey - a - spider - .

....

3. flood - a - What - is - ?

....

7 Copy the following sentence.

We should do exercise every day.

....

....

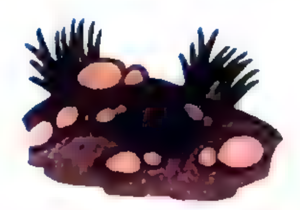
Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة

Activity 10

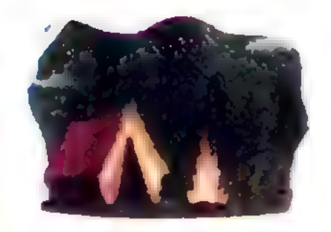
1 Look and complete.











s_o_h b_rr_w wetla ca

2 Complete the following dialogue with:

wild - go - see - park

Soha Where did you 1) .... yesterday?

Mona We went to the wildlife 2) ....

Soha What did you 3) .... there?

Mona We saw a lot of 4) .... animals.

3 Choose the correct word.

The polar grassland desert habitat is the nearest to the equator.

Flood Ecosystem Deforestation is when people cut down forests.

I won't go out. It can't might does rain.

Lions and tigers might live lives living in Africa.

4 Read and match

Some birds build	a) in forests and grasslands.
Rabbits and foxes	b) natural habitats.
Fires can happen	c) nests in trees.
Floods can destroy	d) dig burrows to live in.

1-( ) 2-( ) 3-( ) 4-( )

5 Read the passage then answer the questions.

Lots of birds build nests in trees. They use grass, sticks and leaves. Other birds such as owls live in holes in trees. They don't make holes. They find them. Foxes and rabbits dig burrows in the ground. They can take shelter here. They dig in earth or sand.

A) Choose the correct answer.

1. (Foxes - Rabbits - Owls) live in holes in trees.
2. Rabbits take (grass - sticks - shelter) in burrows.

B) Answer the following questions.

3. Where do birds build nests?

....

4. What do birds use to build nests?

....

6 Look and write a sentence under each picture.



cheetah - fastest



Penguins - a colony

7 Copy the following sentence.

We should protect our world.

Help your child deal with such questions

اطفالك يتعامل مع مثل هذه الأسئلة

1 Look and complete.



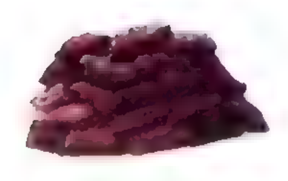
chim....nzees



de_ _rt



o_ is



sa_ d_ags

2 Look at the pictures and unscramble the letters.

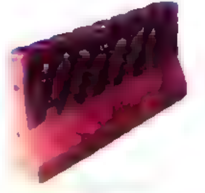
h e t e
h c a



e t
t n



i a r b
r e r



3 Complete the following dialogue with:

ridden - visited - haven't - have

Mike : Have you ever (1) .... an oasis?
John : Yes, I (2) .... been to Farafra.
Mike : Have you (3) .... a camel?
John : No, I .... (4) ....

4 Choose the correct word(s).

1. We can make baskets from the leaves of (palm - tamarisk - acacia) trees.
2. The (wetland - equator - polar zone) is an imaginary line around the middle of the earth.
3. I have (visit - visited - visits) the pyramids.
4. There aren't (much - too much - enough) apples.

5 Read and match

1. I loved seeing
2. Can I camp
3. He has
4. "Protect"

a) is to keep something safe.
b) climbed a mountain.
c) chimpanzees.
d) in a wetland?

1-(   )   2-(   )   3-(   )   4-(   )

6 Look and write a sentence under each picture



climb - mountain

2



Sara - funny

7 Read the passage, then answer the questions.

My aunt is very generous. I love her so much. She helps me with my homework. She always gives me enormous presents. She gave me a tent and an acacia tree. I liked the acacia tree so much. I visit my aunt every week. We are very happy .

A) Choose the correct .

1. My aunt gave me a tent and a/an (palm   acacia   tamarisk) tree.
2. My aunt is very (famous   generous   dangerous).

B) Answer the following questions.

1. What does your aunt always give you?
2. What did you like so much?

Help your child deal with such questions.
ساعد طفلك أن يتعامل مع مثل هذه الأسئلة.

Let's remember

Activities

2- Look and complete.

guitar lightning mountain bakery

River Nile fountain fisherman quiet

angry tired dolphin knot

3- Look at the pictures and unscramble the letters

oud rhino hippo

kind bored butcher

4- Choose the correct word.

1- reading 2- play 3- to

4- because 5- used 6- use

5- Read and match

1- (d) 2- (a) 3 (b) 4- (c)

6- Circle the word with a different initial sound.

1- press 2- jump 3- clock

4- flood 5- Fred 6- play

7- Listen and circle the silent letter.

lamb wrist knot thumb

8- Unscramble

1- How many people are traveling?
2- She went to the bakery to buy some bread.
3- I'm very interested in this website.
4- Where would you like to go?

9- Look and write a sentence under each picture

- He is excited. - He can ride a bike.

10- Fill in the spaces with

1- used 2- Can 3- quickly 4- tired

Unit (1)

Lesson (1) Activities

1- Look and complete

athlete track medal throw

jump distance race fast

compete win measure sports

2- Look at the pictures and unscramble the letters

distance race compete

track win jump

athlete throw medal

3- Choose the correct word

1- athletes 2- throw 3- competed

4- medal 5- event 6- high

7- jump 8- distance 9- wins 10- Wha

4- Look and write a sentence under each picture

The athlete is running.
He is getting a medal.

5- Fill in the spaces with

1- distance 2 throw 3- win

4- measuring 5- compete 6 jump

6- Read the passage then answer the questions

track 2 long

3 Red, blue, green and black.
The athlete wearing red.

7- Read and complete the dialog with

sports 2- like 3 throwing 4- jumping

Lessons (2 & 3)

- Choose the correct word. (P. 25)

1- be 2- get 3- won't

4- will 5- Will

- Choose the correct word. (P. 27)

1- farther 2- farthest 3- than

4- the 5- higher 6- faster

Activities

1- Complete the following dialogue

1- do 2- jumping 3- How high 4- Who

2- Choose the correct word.

1- higher 2- be 3- farthest
4- faster 5- Will 6- slowest
7- faster 8- will be 9- win 10- will get

3- Read and match.

1- (c) 2- (a) 3- (d) 4- (b)

4- Unscramble.

1- How fast can he run?
2- Dina jumped higher than Lara.
3- Will they win the race?

5- Read and complete with the correct from.

1- will 2- will 3- be
4- higher 5- than 6- highest

Lessons (4 & 5)

- Choose the correct word. (P. 33)

1- and 2- because 3- but 4- so 5- or
6- but 7- because

Activities

1- Choose the correct word.

1- Which 2- and 3- so 4- often
5- and 6- or 7- because 8- but
9- so 10- try

2- Read and match.

1- (c) 2- (d) 3- (b) 4- (a)

3- Unscramble.

1- How often do you do sports?
2- I like running and jumping.

4- Read the passage then answer the questions.

1- athlete 2- third
3- He wants to win a medal.
4- Three times a week.

5- Look and write a sentence under each picture.

He likes running.
She is eating healthy food.

Lesson (6) Activities

1- Read and match.

1- (c) 2- (d) 3- (a) 4- (b)

2- Choose the correct word.

1- tell 2- to 3- Support 4- apologize
5- fun 6- say 7- spread 8- pressure

3- Fill in the spaces with:

1- Support 2- apologized
3- Have 4- spread

4- Unscramble.

1- Listen to your friend's ideas.
2- Never pressure your friend.

5- Read and tick (✓) the good behavior.

2- ✓ 3- ✓ 5- ✓

6- Look and write a sentence under each picture.

- Never tells your friend's secrets.
- Listen to your friend's ideas.

Lessons (7 & 8) Activities

1- Look and complete.

race distance city
policeman citadel bicycle
pencil plastic carrot
face ice camel

2- Look at the pictures and unscramble the letters.

space music cold
coffee cookie mice

3- Unscramble.

1- We raced to the city on our bicycles.
2- They saw the citadel.

4- Look and write a sentence under each picture.

- She ate ice cream.
- We saw the citadel.

Circle the word with a different (c) sound

1- city 2- ice 3- cake 4- race

Lessons (9 & 10) Activities

1- Choose the correct word.

1- set 2- footballer 3- goals
4- hour 5- centimeter 6- famous
7- longer 8- shorter 9- hours
10- meters

2- Read and match.

1- (c) 2- (d) 3- (a) 4- (b)

3- Unscramble.

1- Mohammed Salah plays for Liverpool.

2- A minute is longer than a second

3- He set a world record.

4- Read the passage then answer the questions.

1- English 2- 32

3- It's something which is the fastest, biggest, oldest or smallest in the world.

4- Football.

5- Look and write a sentence under each picture.

- He is a footballer.
- A minute is longer than a second.

6- Complete the following dialogue with:

1- Where 2- going 3- watch 4- Who

Activities on Unit (1)

1- Complete the following dialoge with:

1- sports 2- jumping 3- Do 4- competitions

2- Look and complete.

distance athlete medal citadel

3- Look at the pictures and unscramble the letters.

tired throw jump

4- Choose the correct word.

1- making 2- rumors 3- won't
4- the fastest 5- taller

Look and write a sentence ...

- The children are on the track.
- Never tell your friend's secrets.

6- Read and match

1- (c) 2- (a) 3- (d) 4- (b)

7- Read the passage then ...

1- water 2- friend

3- He was a lot happier.

4- He told Tamer's secret to Adam and Wael.

Unit (2)

Lessons (1&2) Activities

1- Look and complete

heart skeleton bone
muscle skull lungs
arteries brain

2- Look at the pictures and ...

skull lungs elbow
blood jaw knee

3- Choose the correct word

1- heart 2- brain 3- skeleton
4- blood 5- oxygen 6- Veins
7- lungs 8- vessels 9- muscles
10- hard 11- liquid 12- gas
13- without 14- ribs 15- jaw
16- skeleton 17- Arteries 18- muscles
19- soft 20- bones

4- Read and match

1- (b) 2- (c) 3- (d) 4- (a)

5- Unscramble

1- Our skeleton helps us move.

2- The heart is very important.

Model Answers

6- Read the passage then answer the questions

Veins oxygen

Because it moves blood around the body.
Blood.

7- Look and write a sentence under each picture.

The heart is very important.
Bones are hard.

8- Fill in the spaces with

Veins Blood nutrients

Arteries 5- blood vessels

9- Complete the following dialogue with.

morning What reading skeleton

3

- Choose the correct word. (P. 68)

tomorrow going drink

is She Are

Activities

1- Complete the following dialogue with.

park 2- ride play time

2- Choose the correct word.

1- Are 2- 'm 3- wear 4- going 5- he

6- to 7- drink 8- isn't 9- Yes 10- tomorrow

3- Read and complete with the correct form.

1- wear 2- am 3- going 4- are

4- Unscramble.

1- I'm going to wear a helmet.

2- Is she going to wear pads?

3- He isn't going to go to the park.

Lessons (4&5) Activities

1- Look and complete.

sleep eat breakfast cycling

video games running watch TV

drink water eat fruit

3- Choose the correct word

skip stay watching

do sleep

4- Read and match

(e) (c) (a) (b) (d)

5- Look and write a sentence under each picture.

I do exercise every day. She feels tired.

6- Fill in the spaces with.

be positive 2- stay up late

an argument skip breakfast

5- calm

7- Unscramble

Do you ever skip breakfast?

How often do you drink water?

Fares likes watching sports.

I never skip breakfast.

Lessons (6 & 7) Activities

1- Look and complete

food cook wood room

2- Look and complete with

1- book 2- food 3- mood

3- Choose the correct word

1- layer 2- feel 3- damage 4- sunscreen
5- cool 6- blood vessels 7- sunburn

4- Read and match

1- (c) 2- (d) 3- (a) 4- (b)

5- Unscramble

1- I've got a book about the moon.

2- Let's cook some food.

3- We can get sunburn from the sun.




6- Look and write a sentence under each picture.

- I wear sunscreen. - He eats healthy food.

7- Read the passage then answer the questions.

1- cool 2- look after

3- Our skin 4- From the sun, dirt and germs.

8- Fill in the spaces with:

1- layers 2- important

3- Water 4- attaches

Lessons (8&9) Activities

1- Look and complete.

stomach tongue teeth mouth

2- Choose the correct word.

1- mouth 2- teeth 3- chew 4- saliva

5- swallow 6- stomach 7- down 8- absorb

3- Read and match.

1- (c) 2- (d) 3- (a) 4- (b)

4- Unscramble.

1- We chew food with our teeth.

2- It's important to eat healthy food.

3- We get energy from the food.

5- Look and write a sentence under each picture

1- Saliva helps us chew food.
2- We chew food with our teeth and jaw.

6- Fill in the spaces with:

1- swallow 2- mouth 3- stomach 4- gets

Activities on Unit (2)

1- Look and complete.

heart skeleton lungs muscle

2- Complete the following dialogue with:

1- going 2- ride 3- wear 4- skull

3- Choose the correct word.

1- Is 2- skeleton 3- wear

4- skin 5- going

4- Read and complete with the correct form

1- Is 2- are 3- isn't 4- am

5- Read and match.

1- (b) 2- (c) 3- (d) 4- (a)

6- Look and write a sentence under each picture

- He is going to ride a horse.
- The heart is important.

7- Read the passage then answer the questions

A- Choose

1- healthy 2- mouths

B- Answer

3- It goes to the stomach.

4- Energy and nutrients.

Unit (3)

Lesson (1) Activities

1- Look and complete.

carbohydrates vitamins protein

fats fiber sugar

vegetables dairy

2- Choose the correct word

1- vitamins 2- good 3- Protein

4- mineral 5- bones 6- oils

7- carbohydrates 8- vitamins

9- sugar 10- cakes 11- meat

12- strong 13- dairy 14- nutrients

15- fruit

3- Read and match

1- (c) 2- (d) 3- (a) 4- (b)

4- Read the passage then answer the question

A- Choose

1- Carbohydrates

2- rice

Model Answers

B- Answer

3- In olive oil and butter.

4- Because they give us energy and help us absorb some vitamins.

5- Unscramble

1- There is protein in dairy foods.

2- I always have fruit at breakfast.

3- What does Hana have for lunch?

4- Does Hany like fruits?

- There are vitamins in fruit.
- Protein makes our bodies strong.

Lesson (2)

1- shouldn't 2- Should 3- should

4- shouldn't 5- skip

Activities

1-shouldn't 2- drink 3- sugar 4- sleep

1- drink 2- shouldn't 3- do

4- shouldn't 5- Should

1- You shouldn't eat cookies every day.

2- Should he eat lots of cakes?

3- You should eat vegetables.

- You should eat fruit every day.
- You shouldn't eat candies every day.
- You shouldn't drink too much soda.
- You should drink milk every day.

Read and write (T) or (F)

1- T 2- F 3- T 4- F

Lesson (3) Activities

the correct word.

1- dehydrated 2- hydrated 3- toxins

4- sweat 5- temperature 6- Sweat

7- Toxins

Read and match

1- (b) 2- (c) 3- (d) 4- (a)

Unscramble

1- How much water do you drink?

2- You should drink pure water.

Lesson (4) Activities

1- packaging 2- calories 3- Enough

4- percent 5- calories 6- sodium

2- Read and match

1- (e) 2- (d) 3- (b) 4- (c) 5- (a)

3- Unscramble

1- We shouldn't eat too much salt.

2- How much fiber do children need a day?

Lesson (5) Activities

1- Look and complete

cake cereal bar chocolate dried fruit

2- Choose the correct word

1- dried 2- brownie 3- bars

3- Read and match

1- (c) 2- (a) 3- (b) 4- (d)

4- Unscramble

1- Which snack is your favorite?

2- I like cereal bars. 3- I like dried fruit bars.

5- Look and write a sentence under each picture

- Cakes are my favorite snack.
- I like chocolate brownie.

1- chocolate brownie 2- 68
3- The chocolate brownie.
4- The cake and the chocolate brownie.

Lesson (6) Activities

digestion fire station pollution
nutrition

nutrition digestion fiction
pollution fire station

They are at the fire station.
There is a lot of pollution.

Lesson (7) Activities

fire container can jar

salt drying zeer pot

1- preserve 2- fire 3- salt
4- containers 5- zeer pots 6- dry
7- cans 8- jars 9- electricity
10- cans.

1-(c) 2-(a) 3-(d) 4-(b)

1- It is important to eat the right food.
2- People use jars to preserve food.
3- We can dry fruit in the sun.

1- freezers 2- sick
3- They need electricity.
4- To keep it fresh and safe.

Lessons (8&9) Activities

1- Sugar 2- damages 3- arteries
4- worried 5- energy 6- mood
7- brains 8- teaspoon 9- fruit 10- sugar

1-(d) 2-(c) 3-(a) 4-(b)

1- I decided to eat less sugar.
2- There is natural sugar in fruit.
3- Sugar is bad for our teeth.

1- plain 2- enjoy 3- At night. 4- Less sugar.

- Sugar gives us energy.
- There is natural sugar in fruit.

Activities on Unit (3)

vegetables dairy fats pollution

Complete the following dialogue with:

1- healthy 2- should 3- sugar 4- much

ose the correct wo

1- should 2- shouldn't 3- healthy
4- Calcium 5- eat

1- nutrients 2- balance
3- Vitamins and minerals.
4- To work well and be healthy.

5- Look and write a sentence under e

1- We should eat fruit every day.
2- Sugar is bad for our teeth.

Model Answers

Review (1)

Activities on Review (1)

1- Look and complete

medal   pollution   lungs   food

2- Look at the pictures and unscramble the letters

heart   athlete   skull

3- Complete the following dialogue with:

1 exercise 2 bodies 3- should 4-balanced

4- Choose the correct word.

1-should   2 be   3-heart

4-skull   5-stomach

5- Read and match.

1-(d)   2-(c)   3-(a)   4-(b)

6- Read the passage then answer the questions.

1 snacks   2-heart

3-Yes, it is.
4-It stops them working as well as they should.

Unit (4)

Lessons (1&2) Activities

1- Look and complete.

cheetah   chimpanzee   fennec fox

macaw   sea lion   sloth

spider monkey   cobra

2- Look at the pictures and unscramble the letters

lion   crayfish   turtle

owl   penguin   squirrel

3- Choose the correct word.

1-build   2-colony   3-Crayfish

4 hunt   5-dig   6-warm

7-Birds   8-shelter   9-Turtles

10 groups

4- Read and match.

1-(c)   2-(d)   3-(a)   4-(b)

5- Unscramble

1- Penguins live together in a colony.
2- Rabbits and foxes dig burrows.
3- I visited a wildlife park.

6- Read the text then answer the questions.

1-watching   2-close

3- They can get water, food and live safety.
4- So they can stay warm, be safe and protect their families.

7- Look and write a sentence under each picture.

- Rabbits dig burrows.
- The sloth moves very slowly.

8- Fill in the spaces with:

1-nests   2-gather   3-hide   4-hunt

9- Read and complete.

Dig a burrow: rabbit - fox
Build a nest: macaw - mole - birds

Lesson (3)

- Look at the pictures and complete with: (P. 148)

1-might not 2-might 3-might not 4-might

Activities

1- Complete the following dialogue with:

1-grass 2-biggest 3-whale 4-might'not

2- Choose the correct word.

1-live   2-eat   3-not

4-might not   5-might

3- Unscramble.

1- Elephants might live in Africa.
2- It might not be able to swim.
3- Elephants might not swim in rivers.

Lesson (4)

1- Look and complete.

rainforst   wetland   grassland   desert

2- Look at the pictures and unscramble the letters

grassland rainforest desert

equator polar wetland

3- Unscramble.

1- Wetland habitats are near the sea.
2- The equator gets the most sunshine.
3- A spider monkey eats fruit.

4- Choose the correct word.

1- arctic fox 2- North Pole 3- polar

4- rivers 5- South Pole 6- Macaws

7- rainforest 8- equator 9- fur

10- Crayfish 11- snow 12- warm

13- wetland 14- trees 15- burrows

5- Read the passage then answer the questions.

1- equator 2- cold

3- Because it gets the most sunshine.

4- Because of the different climate and conditions.

6- Complete the following dialogue with:

1- rainforest 2- wetland 3- polar

Lessons (5&6) Activities

1- Look and complete.

swamp camp grassland

tent hunt wetland

2- Look at the pictures and unscramble the letters.

tent wetland swamp

hunt camp grassland

3- Choose the correct word.

1- emergent 2- canopy 3- undestory

4- tent 5- undestory 6- hunt

7- four 8- dark 9- leaves

4- Read and match.

1- (b) 2- (c) 3- (d) 4- (a)

5- Unscramble.

1- Can I camp in a wetland?

2- A rainforest is an amazing habitat.

3- Large animals hunt for food.

6- Look and write a sentence under each picture.

1- We need a tent to camp.
2- Cheetahs hunt for food.

7- Fill in the spaces with

1- emergent 2- fruit 3- sloths 4- humid

5- frogs 6- forest floor 7- sunlight

8- Complete the following dialogue with.

1- many 2- four 3- grassland 4- can't

Lesson (7)

1- Look and complete

deforestation pollution building

volcano drought flood

fire ash

2- Look [illegible] letters.

fire volcano flood

drought pollution building

3- Choose the correct word.

1- flood 2- drought 3- Pollution

4- Deforestation 5- pollute

6- disaster 7- habitats

4- Read and match.

1- (b) 2- (c) 3- (d) 4- (a)

5- Unscramble.

1- Floods can destroy natural habitats.
2- We put chemicals in river.
3- Water brings nutrients to the land.

6- Look and write a sentence under each picture.

- Farmers grow our food.
- Smoke pollutes the air.

Model Answers

1- flood 2- Deforestation 3- Pollution

4- Building 5- volcano 6- fire 7- drought

1- nutrients 2- do 3- grow 4- protect

Activities on Unit (4)

sloth desert flood

1- wildlife 2- chimpanzees

3- slowly 4- webcam

1- hunt 2- dig 3- live

4- Rainforest 5- drought

1- (c) 2- (a) 3- (d) 4- (b)

1- polar 2- white

3- The plants are small. 4- In burrows.

Unit (5)

Lessons (1&2) Activities

Look and complete.

palm tree olive tree shade oasis

lake surface soak spring

Look at the pictures and unscramble the letters

basil oasis lake

shade surface palm tree

3- Choose the correct word.

1- desert 2- baskets 3- springs

4- shade 5- grow 6- shelter

Basil 8- protection 9- spearmint 10- falls

1- (b) 2- (d) 3- (a) 4- (c)

1- Farmers grow date palm trees.

2- People can grow spearmint in an oasis.

3- We swam in the spring.

1- spring 2- dry

3- For thousands of years.

4- With my family.

Lesson (3)

1- visited 2- has 3- ever

4- never 5- have

Activities

1- Siwa 2- have 3- mountain 4- haven't

1- lived 2- climbed 3- ever

4- seen 5- have taken 6- hasn't

7- never 8- have 9- swum

10- has 11- she 12- ever

13- has never 14- Have 15- No

1- Have you ever made olive oil?
2- I've never eaten olives.
3- She has climbed a tree.

4- Look and write a sentence ...

1- I've never eaten dates.

2- He has climbed a mountain.

3- He has drunk coffee.

4- He has never visited an oasis.

Lessons (4) Activities

d complete

runoff
condensation

groundwater
evaporation

2- Choose ...

1- Precipitation
2- runoff
3- groundwater
4- evaporation
5- Condensation
6- Groundwater
7- rivers
8- lake

3- Re...

1-(b) 2-(a) 3 (d) 4-(c)

4- Unscra...

1- The sun turns water into vapor.

2 A spring can become a river or a lake.

3- Where does water come from?

5- Re...

1- soaks
2- groundwater
3- spring
4- cycle

Lessons (5) Activities

1- Look and complete

salt river sea
water frozen vapor

2- Choose the correct word.

1- frozen 2- fresh 3- salt
4- float 5- two 6- land

4- Unscramble.

1- Water turns into vapor.

2- The Dead Sea is surrounded by land.

3- Ice is frozen water.

5- Read the passage then answer the questions

1- fresh
2- two
3- Because rain washes minerals from the land and rocks.
4- They go into the sea in runoff water.

6- Fill

1- frozen
2- liquid
3- small
4- experiment

Lessons (6&7) Activities

1- Look and ...

cobra shelter water river
doctor acacia cactus cheetah

2- ...

hooves cheetah polar
hump sand roots

3- Choose ...

1- under 2- habitat 3- adapted
4- spines 5- hollow 6- wide
7- skin 8- fur 9- humps
10- tubes 11- roots 12- hair

4- Read and ...

1-(b) 2-(a) 3-(d) 4-(c)

5- Fill in the spaces with

1- habitat
2- desert
3- store
4- camouflage

6- Read the passage then answer th...

1- skin
2- spread
3- They can catch a lot of rainwater when it downfalls.
4- To protect them.

Lessons (8&9) Activities

1- Look and complete

spring summer fall winter

2- Choose the correct word.

1- desert 2- tropical 3- wetland

4- polar 5- much 6- millimeters

3- Read and match.

1- (d) 2- (c) 3- (b) 4- (a)

4- Unscramble.

1- Some countries are closer to the equator.

2- There is less rain in the desert.

3- How much rainfall does Brazil have a year?

5- Read the passage then answer the questions

1- seasons 2- winter

3- Spring, summer, fall and winter.

4- These are countries closer to the equator in tropiccalzones.

Activities on Unit (5)

1- Look and complete

spring oasis olive tree vapor

2- Look at the pictures and unscramble the letters

polar cobra river

3- Complete the following dialogue with:

1- ever 2- have 3- What 4- oasis

4- Choose the correct word.

1- desert 2- seen 3- Precipitation

4- salt 5- much

5- Read the passage then answer the questions

1- survive 2- humps

3- Because they have wide hooves.

4- To keep them warm at night.

6- Read and match.

1- (b) 2- (a) 3- (d) 4- (c)

7- Look and write a sentence under each picture

- A cactus has spines.
- There are palm trees in an oasis.

Unit (6)

Lessons (1&2) Activities

1- Look and complete

barrier canal dam drain

pipe pump sandbags flood

2- Look at the pictures and unscramble the letters

canal dam pipe

drain pump sandbags

3- Choose the correct word.

1- sandbags 2- dam 3- drain

4- pipes 5- pump 6- canal 7- barrier

4- Read and match.

1- (b) 2- (c) 3- (d) 4- (a)

5- Unscramble.

1- The ports in Alexandria were closed.

2- Why do we need sandbags in a flood?

3- Barriers can protect buildings.

6- Read the passage then answer the questions.

1- 2020 2- a lot

3- The airport in Luxor and the ports in Alexandria and Sharm el-Sheikh.

4- They were flooded.

7- Complete the following dialogue with:

1- flood 2- sandbags 3- keep 4- river

Lesson (3)

- Choose the correct word. (P. 223)

1- enough 2- too much 3- too many

4- enough 5- sugar

Activities

1- Choose the correct word.

1- too much 2- enough 3- too many

4- too many 5- pencils 6- enough

7- too 8- many 9- salt

10- cars 11- isn't 12- much

13- aren't 14- isn't 15- figs

16- many 17- much 8- coffee

2- Unscramble

1- There are too many pencils.

2- There aren't enough rulers.

3- There is too much water.

4- There isn't enough milk.

3- Look and write a sentence un...

- There isn't enough water.
There are too many trees.

Lesson (4) Activities

1- Look and complete.

warn meteorologist ruin protect

collapse install minimize washaway

ruin install collapse

warn protect wash away

1- Meteorologists 2- minimize 3- wash away.

4- install 5- protect 6- ruin

7- collapse 8- warn 9- predict 10- Barriers

1- (c) 2- (d) 3 (b) 4- (a)

1- ruin 2- minimize 3- protect 4- barrier

Lesson (5) Activities

1- Look and complete

funny brave scared lazy

generous calm polite caring

1- rescue 2- selfish generous

4- Caring 5- brave 6- moody

7- wise 8- calm 9- polite

1- (c) 2- (d) 3- (a) 4- (b)

1- Lara can rescue people from floods.

2- I like helping other people.

1- firefighters 2- pleased

3- When there is an emergency.

4- They used small boats.

1- bossy 2- rescue 3- selfish 4- volunteer

1- emergency 2- rescue 3- scary 4- is

Lesson (6) Activities

dangerous generous nervous

enormous famous

dangerous generous nervous

1- enormous 2- nervous

3- dangerous 4- famous

1- The statue is enormous.

2- My teacher is kind and generous.

3- This woman is very nervous.

Model Answers

The lion is dangerous.
2- The tree is enormous.

6- Fill in the spaces with:

1- generous 2- dangerous 3- enormous

Activities

1- Look and complete.

spray dip flood crop

2- Choose the correct word.

1- sunlight 2- water 3- less

4- pumps 5- hydroponic 6- minerals

3- Read and match.

1- (b) 2- (c) 3- (e)

4- Read the passage then answer the questions.

1- pipes 2- Modern

3- Taking the salt out of sea water to get fresh water.
4- It uses a lot of energy.

5- Fill in the spaces with:

1- Waterwheels 2- Desalination

Use pumps. To water their crops.

Activities

1- Choose the correct word.

Waterwheels 2- Waterwheels
aqueducts 4- oxen
5- famous 6- Desalination

2- Read and match.

(c) 2- (e) 3- (b) 4- (a) 5- (d)

3- Read the passage then answer the questions.

less 2- desalination

Taking the salt out of sea water to get fresh water.
It uses a lot of energy.

4- Fill in the spaces with:

1- Waterwheels 2- Desalination

3- shadoof 4- aqueduct

5- Read and complete:

canal - tower - citadel
Turbines - electricity

Activities on Unit (6)

1- Look and complete.

pump sandbags rainfall dangerous

2- Complete the following dialogue with:

1- job 2- emergency 3- flood 4- injured

3- Choose the correct word.

1- barrier 2- collapse 3- install

4- enough 5- many

4- Read and match.

1- (b) 2- (c) 3- (d) 4- (a)

5- Read the passage then answer the questions

1- 200 2- water

3- It is from Egypt. 4- To move machines.

6- Look and write a sentence under each picture

1- The lion is dangerous.
2- Volunteers help other people.



Story (faded)

Activities

1) Read and answer the following questions.

1) He lived in Hurghada.
2) Sometimes he walked and sometimes he cycled.
3) So he could cycle to the sports center.
4) They were on their skateboards.

2) Read and write True (✓) or False (✗).

1) ✓ 2) ✗ 3) ✗ 4) ✗

3) Complete the following sentences.

athlete, sports center, competitions, cycled, sunny

Activities

1) Read and answer the following questions.

1) At the top of the ramp. 2) He slipped and fell.
3) An ambulance. 4) A cast.

2) Read and write True (✓) or False (✗).

1) ✓ 2) ✗ 3) ✗ 4) ✓

3) Complete the following sentences.

1) ramp 2) quickly 3) fell 4) move
5) ambulance 6) X-ray 7) bone 8) cast

Activities

1) Read and answer the following questions.

1) He lay down on his bed.
2) Because he had a stupid accident.
3) They watched a movie. 4) A large fish tank.

2) Read and write True (✓) or False (✗).

1) ✓ 2) ✗ 3) ✗ 4) ✓

3) Complete the following sentences.

1) bed 2) family 3) accident 4) swim
5) worried 6) happy 7) fish tank 8) fish

Activities

1) Read and answer the following questions.

1) He enjoyed watching the fish.
2) The names of the different types of fish.
3) A mask and a snorkel.
4) He could see lots of fish

2) Read and write True (T) or False (F).

1) ✓ 2) ✗ 3) ✓ 4) ✗ 5) ✓

3) Complete the following sentences.

1) fish 2) names 3) leg 4) swim
5) beach 6) mask 7) swim 8) fish

General Activities

1) Read and write True (T) or False (F).

1) ✓ 2) ✗ 3) ✓ 4) ✓
5) ✗ 6) ✓ 7) ✓ 8) ✗

2) Complete the following sentences.

1) (f) 2) (c) 3) (a)
4) (e) 5) (d) 6) (b)

3) Complete the following sentences.

1) Adam 2) Adam 3) Fares
4) Wael 5) Dalia 6) Wael

4) Read and correct the bold words.

1) walked 2) worried 3) swim
4) beautiful 5) watching

5) Complete the following sentences.

1) Because he had a stupid accident and he couldn't swim.
2) Dalia wanted him to borrow her comic. Wael asked him to watch TV.
3) No, he wasn't.
4) He said, "I'm sorry. I was rude."
5) To the beach.
6) To spend a day at the beach.
7) He gave him a mask and a snorkel to swim and breathe underwater.
8) He saw lots of fish.
9) I think he felt happy.

Activities on Unit (1)

a lete | ra e | ity | pen l
i c | sn ck | amel | m d l
r nn r | amera | dis an e | pl st c

tired | team | high
cake | city | slow
fast | fit | far

distance | event | throw
compete | do | easy
make | apologize | spread
scored | minute | fast
medal | far | exercise

won't | throwing | win
will | or | farthest
because | Listen | because
be | win | tallest
older

c | d | b | a
d | b | a | c

athletes | jumping
We're at the track. | Toka is the fastest.

I like the long jump. | Support your friends.
She came first. | The athletes are running.

Will they be tired?
There's a big sports event.
How high can he jump?
Who was the fastest?
Will it be a good competition?
Which sport do you think is easy?
I like running and jumping.
Who do you think will win?
Listen to your friend's ideas.

Activities on Unit (2)

s u l | sk le on | l gs | b o d
k e | b n | m sc e | h a t
e b w | h l et | s nsc een | s om ch

bone | heart | lungs
helmet | skin | brain
climb | book | skull

beats | skeleton | nutrients
sunscreen | hungry | tired
skin | sunburn | teeth
important | saliva | swallow

going | she | drink
isn't | Are | are
go | aren't | Is
to | you | are
he | have | today

c | d | a | b
d | a | b | c

muscles | hard
It's all the bones in the body.
They protect soft organs.

He is going to have breakfast.
She chews food with her teeth.
He is going to climb a mountain.
Our skeleton helps us move.

Veins carry blood from the body to the heart.
I'm going to go to the park.
We chew food with our teeth.
We need to protect our body.
Oxygen is a gas.
She is going to ride a horse.
Do you ever skip breakfast?
We're going to drink water.
Is he going to wear sunscreen?
Do you play outside every day?

beach | going | swim | nice

Activities on Unit (3)

veg tabl s | f u t | prot n
d ry | f b r | carb h drates
dig sti n | nutr nts | delic ous
s g r | cer al b r | dr ed fru t b r

fiction | pollution | fire station
nutrients | digestion | salt

vitamins | nutrients | dairy
fats | carbohydrates | fiber
Calcium | dehydrated | hydrated
calories | grams | percent
brownie | bar | Dried

Calories electricity containers
good diet

Choose the correct word. (Language)

should should do
Should should shouldn't
play eat No Should he

Read and match

(d) (b) (a) (c)

Read and match

(b) (a) (d) (c)

Read the passage then answer the questions.

cold salt
In pots The water in the sand.

6- Look and write a sentence under each picture.

Fruit gives us vitamins.
You should drink fruit juice.
We shouldn't eat candies every day.
I like dried fruit.

7- Read and rearrange.

Hanaa shouldn't drink soda.
Hany should eat healthy food.
Should he eat lots of cakes?
I like eating chocolate brownie.
I like dried fruit bars.
Sugar is bad for your heart.
Sugar can affect your mood.
I decided to eat less sugar.
There's protein in fish and meat.
I like cookies.

8- Complete the following dialogue with:

balanced Should vitamins bad

Activities on Unit (4)

1- Look and complete.

chimpanzee fennec fox sea lion turtle
grassland polar camp tent
hunt goose macaw volcano

2- Look at the pictures and unscramble the letters.

macaw cobra sloth
wetland penguin cheetah
flood building fire

3- Choose the correct word. (Vocabulary)

emergent colony build
An Arctic fox Crayfish equator
Tropical hunt Macaws
fur four North Pole
a river close canopy
floor drought crawl
flood Pollution

4- Choose the correct word. (Language)

eat might not build be
live might be might not eat

4- Read and match.

(c) (a) (d) (b)

Read and match.

(d) (a) (b) (c)

5- Look and write a sentence under each picture.

Turtles live in swamps.
Smoke pollutes the air.
We need a tent.
Cheetahs hunt for food.
Fennec fox has big ears.
Owls live in holes in trees.

6- Read the passage then answer the questions.

watching shelter
They live close to their natural habitats.
So that they can stay warm and be safe.

7- Read and rearrange.

I visited a wildlife park.
Thousands of penguins can live together.
Rabbits and foxes dig burrows.
A spider monkey eats fruit.
Wolves have light colored fur.
The equator gets the most sunshine.
What habitats do you know in Egypt?
Sloths live in the canopy layer.

Activities on Unit (5)

1- Look and complete.

shed basil oasis lake
salt doctor shelter precipitation
polar cobra river fur

2- Look at the pictures and unscramble the letters.

wood water rain
lake cobra vapor
olive tree spring hump

3- Choose the correct word. (Vocabulary)

shelter Cobra evaporation
salt four skin
wide spines hunt
swam hot springs

4- Choose the correct word. (Language)

have visited have
ever eaten swum
climbed never has
have Have you walked
hasn't have he

5- Read the passage then answer the questions.

interesting friendly
It has a lot of monuments. In springs.

6- Read and match.

(b) (a) (d) (c)

Read and match.

1- (b)	2- (a)	3- (d)	4- (c)

6- Read and rearrange.

1- Have they cooked with oil?
2- People grow spearmint in an oasis.
3- I've never eaten dates.
4- We have climbed a mountain.
5- The desert is hot and dry.
6- Basil has minerals and vitamins.
7- They have visited Cairo.
8- She hasn't tired swimming in a lake.
9- The Dead Sea is a small sea.
10- People can swim in springs.

7- Complete the following dialogue with:

1- been	2- camel	3- fresh	4- delicious

8- Look and write a sentence under each picture:

He has climbed a mountain.
I've never eaten olives.

Activities on Unit (6)

1- Look and complete.

lazy	generous	nervous	dangerous
famous	enormous	waterwheel	aqueduct

2- Look at the pictures and unscramble the letters.

barrier	canal	flood
collapse	caring	generous
shadoof	pipe	dam

3- Choose the correct word. (Vocabulary)

1- barrier	2- dam	3- Ruin
4- Predict	5- weather	6- Minimize
7- protect	8- selfish	9- generous
10- enormous	11- bossy	12- polite

4- Choose the correct word (Language)

1- much	2- many	3- enough
4- enough	5- too many	6- too many
7- enough	8- enough	9- too
10- enough	11- much	12- many

5- Read the passage then answer the questions.

1- predict	2- weather
3- On cellphones.
4- To keep their homes safe.

5- Look and write a sentence under each picture.

- A dam stops water in a river.
- A generous person gives people presents.
- There are too many trees.
- The statue is enormous.
- Waterwheels are used in irrigation.
- A caring person looks after people.

6- Read and rearrange.

1- There are too many apples.
2- A dam stops water in a river.
3- Barriers can protect buildings.
4- Collapse is to fall down.

5- There isn't enough paper.
6- He works very hard.
7- The statue is enormous!
8- What is the problem with irrigation?
9- Why is the Aswan Dam famous?
10- Waterwheels can help with irrigation.

7- Complete the following dialogue with:

1- flood	2- When	3- lightning	4- much

Activities

Activity (1)

1- Look and complete.

jump	athlete	medal	throw

2- Complete the following dialogue with:

1- track	2- was	3- race	4- first

3- Choose the correct word.

1- will	2- second	3- fastest	4- measuring

4- Read and match.

1- (c)	2- (d)	3- (a)	4- (b)

5- Read the passage then answer the questions.

1- athletes	2- medals
3- No, they didn't.	4- Three times a week.

6- Look and write a sentence under each picture.

- She can jump high.
- The athletes are on the track.

Activity (2)

1- Look and complete.

helmet	climb	skeleton	lungs

2- Complete the following dialogue with:

1- going	2- park	3- ride	4- am

3- Choose the correct word.

1- beats	2- wear	3- liquid	4- Is

4- Read and match.

1- (d)	2- (a)	3- (b)	4- (c)

5- Read the passage then answer the questions.

1- ×	2- ✓	3- ×	4- ✓

6- Fill in the spaces with:

1- far	2- Blood	3- should	4- nests

Activity (3)

1- Look and complete.

sugar	vegetables	fiber	dairy

2- Complete the following dialogue with:

1- should	2- healthy
3- fats	4- unhealthy

3- Choose the correct word.

1- mineral	2- cakes
3- get	4- shouldn't

4- Read and match.

1- (b)	2- (d)	3- (a)	4- (c)

5- Read the passage then answer the questions.

1- pure　　2- sweat

3- Children should drink about 1.5 litres of water.

4- In hot weather.

6- Rearrange the following words.

1- You should eat a healthy lunch.

2- It might live in Africa.

3- I've never eaten olives.

Activity (4)

1- Look and complete.

chimpanzee　　macaw　　cobra　　nest

2- Complete the following dialogue with:

1- tomorrow　　2- wildlife　　3- sloth　　4- slowly

3- Choose the correct word.

1- cheetah　　2- take　　3- hotter　　4- might

4- Read and match.

1- (d)　　2- (a)　　3- (b)　　4- (c)

5- Read the passage then answer the questions.

1- snow　　2- warm

3- It's a place with a particular kind of climate and landscape.

4- They are in tropical parts of the world.

6- Look and write a sentence under each picture.

- The North Pole is cold.
- Birds build nests in trees.

Activity (5)

1- Look and complete.

spring　　river　　condensation　　palm tree

2- Complete the following dialogue with:

1- ever　　2- Siwa　　3- fresh　　4- delicious

3- Choose the correct word.

1- seen　　2- olive　　3- protection　　4- ever

4- Read and match.

1- (c)　　2- (d)　　3- (a)　　4- (b)

5- Read the passage then answer the questions.

1- trees　　2- hot

3- They grow tall date palm trees.

4- We can cook with dates or eat them.

6- Rearrange the following words.

1- Have you ever visited an oasis?

2- There is too much water.

3- Is she going to climb the mountain?

Activity (6)

1- Look and complete.

sandbags　　pipes　　barrier　　pump

2- Complete the following dialogue with:

1- cake　　2- enough　　3- many　　4- buy

3- Choose the correct word.

1- dam　　2- much　　3- trees　　4- Protect

4- Read and match.

1- (b)　　2- (d)　　3- (a)　　4- (c)

5- Read the passage then answer the questions.

1- ✗　　2- ✓　　3- ✗　　4- ✓

6- Look and write a sentence under each picture.

- The High Dam is famous.
- There isn't enough water.

Activity (7)

1- Look and complete.

throw　　train　　runner　　cyclist

2- Complete the following dialogue with:

1- swimming　　2- don't　　3- sport　　4- jump

3- Choose the correct word.

1- event　　2- win　　3- distance　　4- because

4- Read and match.

1- (d)　　2- (c)　　3- (b)　　4- (a)

5- Read the passage then answer the questions.

1- ✗　　2- ✗　　3- ✓　　4- ✓

6- Look and write a sentence under each picture.

- He has won a medal.
- You should do exercise every day.

Activity (8)

1- Look and complete.

brain　　muscle　　blood　　skull

2- Complete the following dialogue with:

1- skip　　2- unhealthy　　3- much　　4- cups

3- Choose the correct word.

1- hard　　2- going

3- skip　　4- skeleton

4- Read and match.

1- (b)　　2- (c)　　3- (d)　　4- (a)

5- Read the passage then answer the questions.

1- healthy　　2- mouths

3- We get energy and nutrients.

4- It's a liquid made in our mouth.

6- Fill in the spaces with:

1- jump　　2- gas　　3- eggs　　4- penguin

Activity (9)

1- Look and complete.

chocolate　　delicious　　digestion　　fruit

2- Complete the following dialogue with:

1- dairy　　3- milk

2- minerals　　4- calcium

3- Choose the correct word.

1- drink　　3- bad

2- sugar　　4- shouldn't

4- Read and match.

1- (c)　　2- (d)　　3- (a)　　4- (b)

5- Read the passage then answer the questions.

1- ✗　　2- ✓　　3- ✓　　4- ✗

6- Rearrange the following words.

1- Should I drink water?

- It was a spider monkey.
- What is a flood?

Activity (10)

1- Look and complete.

sloth burrow wetland camp

2- Complete the following dialogue with:

1- go 2- park 3- see 4- wild

3- Choose the correct word.

1- grassland 2- Deforestation
3- might 4- live

4- Read and match.

1- (c) 2- (d) 3- (a) 4- (b)

5- Read the passage then answer the questions.

1- Owls 2- shelter
3- In trees.
4- They use grass, sticks and leaves.

6- Look and write a sentence under each picture.

- The cheetah is the fastest animal.
- Penguins live in a colony.

Activity (11)

1- Look and complete.

chimpanzees desert oasis sandbags

2- Look at the pictures and unscramble the letters.

cheetah tent barrier

3- Complete the following dialogue with:

1- visited 2- have
3- ridden 4- haven't

4- Choose the correct word.

1- palm 2- equator 3- visited 4- enough

5- Read and match.

1- (c) 2- (d) 3- (b) 4- (a)

7- Read the passage then answer the questions.

1- acacia 2- generous
3- She gives me enormous presents.
4- I like the acacia tree so much.